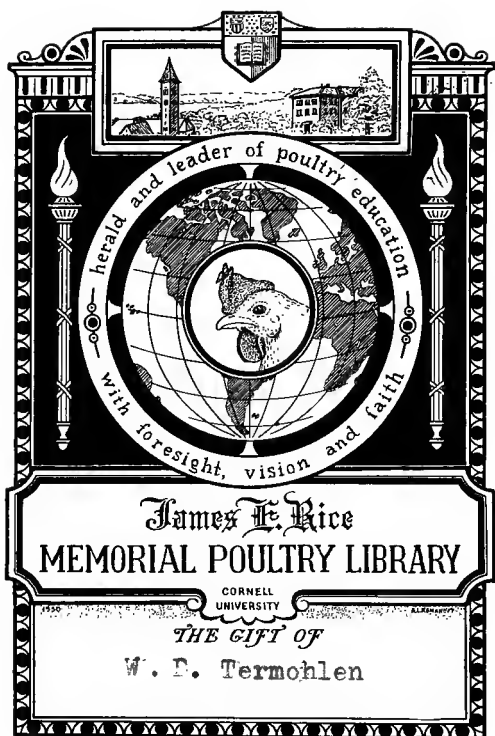


# EGGS and HOW TO USE THEM



By

ADOLPHE MEYER



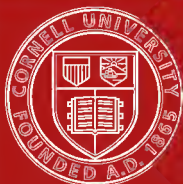
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# EGGS,

AND

## How to Use Them.

A GUIDE FOR THE PREPARATION OF EGGS IN  
OVER FIVE HUNDRED DIFFERENT STYLES  
WITH SOME REFERENCE TO THEIR  
IMPORTANCE IN THE PAST  
AND PRESENT TIMES.

BY


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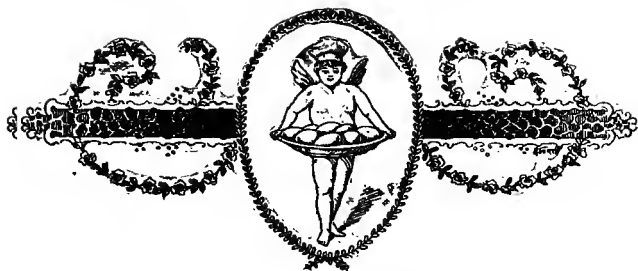


TO **E 4496**

ALL, WHO ACKNOWLEDGE

THEIR INDEBTEDNESS TO THE EGG;

THIS BOOK IS DEDICATED.



## **A Chat with the Reader.**

**T**HIS modest little book scarcely deserves the dignity of a formal preface. Indeed, it seems as though prefaces have gone out of fashion in recent years. They have proven very useful, however, to authors desirous of placing themselves and their subject on a proper footing with their readers, before the latter begin the task of critically examining their literary wares.

In the present instance, the writer has ventured to call attention to the prominent part which, that most common yet most useful article of diet, the egg, has played in the development of the science and art of cookery, ever since primeval man first realized the possibilities of fire and water in the proper preparation of food. These pages also

contain a complete guide, showing the many different ways in which the egg can be treated, so as to please the eye as well as the palate. It can be justly claimed for the egg that it is as popular among the vast multitude of those who merely eat to live, as it is with that select brotherhood of *bon vivants*, who only live to eat.

When all is said, however, the egg must stand alone upon its intrinsic merits. Like woman, when an egg is good, there is nothing better; when it is bad, there is nothing worse.

THE AUTHOR.





## PART I.

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### **A Historical, Theoretical and Practical Chapter on Eggs.**

**I**N all times and in all ages, among all races and in all lands, as far back as written history and tradition can be traced, the egg has ever been regarded as chief among Nature's most precious gifts to mankind.

This universal popularity has been due not merely to the fact that the egg is found in every corner of the earth, and that it is a most wholesome and nutritious article of food, but also, to the additional and very important fact, that it is continuously and abundantly reproduced, ready for immediate use, without the aid or assistance of those who benefit by its production.

Famous cooks, in the past as well as the present, have been fully aware how much they are indebted to the egg, in the creation of the various sauces and delicacies, that have made their reputation as masters in the art of cookery. In fact, without the aid of eggs, the artistic cook would have to abandon his profession in despair.

In ancient times the life-giving quality of the egg was recognized by the philosophers of those days, who regarded it as the symbol of awakening life, and many of them advised their disciples and followers to abstain from the use of eggs as food, so as not to destroy a germ, which Nature had destined for the production of a new life. The egg was also regarded as an emblem of the material world, representing the four elements which compose it, as follows:—the shell indicating earth; the white, water; the yolk, fire; and the capula (between shell and white) being typical of the air.

Hutchinson, in his history of Northumberland, says: "Eggs were held by the Egyptians as a sacred emblem of the renovation of mankind after the deluge. The Jews adopted it to suit the circumstances of their history, as a type of their departure from the land of Egypt, and it was used in the feast of the Passover as a part of the furniture of the table, with the Pascal lamb."

Greeks and Romans used eggs in their sacrifices, and carried them with great pomp, in honor of Ceres, the Goddess of Agriculture.



Pliny, in his natural history, tells the story of Livia, the wife of Nero, who, during her pregnancy, consulted a fortune teller; and the latter advised her, "Warm in your bosom a new-laid egg until hatched; if a male chicken comes forth, thank the Gods, who will grant you a son." The Empress followed the advice, as given, with the result that her wish was gratified, as she gave birth to Tiberius. Her example was followed by many of the foremost women of Rome, greatly to the amusement of those who watched these proud matrons devote themselves to the incubation of chickens.

Once upon a time eggs played an important part in the interpretation of dreams, as is shown by the following legend: A man, who dreamed that he had eaten an egg, consulted a soothsayer, and that wise man informed him that the white of the egg signified that the dreamer would, before long, come into the possession of some silver, and the yolk meant that he would soon receive some gold. The fortunate dreamer soon afterward received a legacy consisting partly of those two precious metals. He hastened to thank the fortune teller, and offered him a piece of silver. "This is very well for the white," said the latter, "but is there naught for the yolk?"

Athenaeus mentions a certain Nichomachus, who said, "My father left me very little property. In a few months I made it as round as an egg; and, then breaking the shell, I made but one gulp of

it." This shows clearly that the ancients were partial to soft boiled eggs.

The Romans were very fond of new laid eggs, which formed the first course of every dinner.

They asserted that it was necessary to remain at the table "from the egg to the apple," if one wished to maintain himself in health. Hence the adage, "*ab ovo usque ad mala*," or "from the beginning to the end."

In speaking of this custom, the author of the *Tabella Cibaria*, cynically remarks, "This expression, '*ab ovo*,'—from the beginning—alludes also to those prolix narrators, who would begin the history of the siege of Troy by recalling the circumstance of Castor and Pollux, as well as Helen and Clytemnestra, having been hatched out of Leda's egg." This fable is thus alluded to in the Hexameter: "Pollux and Castor were hatched out of a couple of eggs," says our poet (Horace), "yet, you boldly call for them, as if you were not afraid of finding there, not the Dioscuri, but some half-formed chickens."

It was a Roman custom to mark the beginning of the New Year, which then occurred in March, by presents of bright colored eggs in honor of Castor and Pollux. This custom still prevails in some countries on New Year's Day, but it is more commonly followed during Easter tide. The eggs are then often made of sugar, chocolate, or paste-board covered with silk, and richly decorated

with artificial flowers, and, sometimes, they have presents of considerable value inside of them.

Brand, in his *Popular Antiquities*, has much to say as to the origin of Easter eggs. He quotes from Douce's manuscript notes as follows: "The author of *Le Voyageur à Paris* supposes that the practice of painting and decorating eggs at Easter among the Catholics, arose from the joy which was occasioned by their returning to their favorite food after so long an abstinence from them during Lent."

Elsewhere he speaks of Emilianne's *Frauds of Romish Monks and Priests*, in which are found the following passages: "On Easter Eve and Easter Day all the heads of families send great chargers full of hard eggs, to the church to get them blessed, which the priests perform by saying several appointed prayers, and making great signs of the cross over them and sprinkling them with water. The priest, having finished the ceremony, demands how many dozen eggs there be in every basin."

"These blessed eggs have the virtue of sanctifying the entrails of the body, and are to be the first fat, or fleshy nourishment they take after the abstinence of Lent. The Italians do not only abstain from flesh during Lent, but also from eggs, cheese, butter and all white meats. As soon as the eggs are blessed, every one carries his portion home, and causeth a large table to be set in the best room in the house, which they cover with

their best linen, all bestrewn with flowers, and place around it a dozen dishes of meat and the great charger of eggs in the midst. 'Tis a very pleasant sight to see these tables set forth in the houses of great persons, when they expose on side tables (round about the chamber) all the plates that they have in the house, and whatever else they have that is rich and curious, in honor of their Easter eggs, which of themselves yield a very fair show, for the shells of them are all painted with divers colors and gilt. Sometimes there are no less than twenty dozen in the same charger, neatly laid together in the form of a pyramid. The table continues in the same posture, covered all the Easter week, and all those that came to visit them, in that time, were invited to eat an Easter egg with them, which they must not refuse."

As a regular article of diet, eggs, and especially hens' eggs, have always been appreciated. The long shaped eggs were considered the best, and to give better nourishment, as they were cock-eggs (that is a cock would be hatched from them). The Romans did not confine themselves to hens' eggs, but they sought those of the partridge and the pheasant, and Quintus Hortensius introduced the use of peacocks' eggs.

Galen, the first known of physicians, considered those of the partridge and the pheasant as the most delicate.

Dr. Muffett, in his quaint book, *Health's Im-*

*provement*, published in London in 1655, has the following to say as to the choice of eggs:

“First; that they be rather Pullet’s eggs, than laid by an old Hen.

“Secondly; that they be not self-begotten, but gotten by the Cock upon the Hen.

“Thirdly; that they be new, white and long; for such eggs nourish plentifully, and quickly clear the voice and breast, strengthen the stomach, recover men out of consumption, and increase nature so much, that in continuance of time they make us wanton. They nourish quickly, because they are nothing but liquid flesh; they nourish much, because their heat and moisture is proportionable unto ours. They are wholesomest in the morning, because they are then newest. They are best in winter, because hens are then fattest, strongest, and best relished; they are worst in summer, because hens feed then upon flies, snails, cadlocks, and many ill weeds, which rather scours than nourishes their bodies. They are best being eaten alone, because being mingled with other meats, they corrupt in the stomach, filling many men’s faces full of pimples, morphens, and freckles. They are ill for young children (especially being often eaten), for that their bodies turn them into over hot nourishment, whence itch, scabs, inflammations and corruptions do arise. They are also bad for old men, because they are hardly digested of a cold stomach. Fittest

they are for temperate young persons, and such as are consumed without any notable fever."

The learned doctor thus discourses upon the digestibility of eggs: "A rare egg anyway dressed is lightest of digestion; a hard egg is most rebellious; an egg betwixt both is of strongest nourishment. Eggs poached into water, or verjuice, are fittest for hot complexions, or men distempered with agues; sodden rare in the shell, they are soonest converted into blood; but being rare roasted in embers they make thickest and strongest blood, and are fittest for weak, cold and waterish stomachs."

In those days, strange as it may seem at this time, it was customary to roast eggs. John Dryden, the old English poet, tells in rhyme of—

"New laid eggs, with Baucis' busy care  
Turned by a gentle fire, and roasted rare."

This custom is thus alluded to in *Tabella Cibaria*: "In countries where wood fire is constantly used, the cottager half buries his eggs in an upright position in hot ashes, upon the hearth, and when a clear dew drop oozes on the top of the shell the eggs are fit to be eaten. Gastrologers are of the opinion that when done in this way, they have a much better flavor than when boiled. Fancy goes far in matters of taste."

The most singular method of cooking eggs is that attributed to the Egyptian shepherds, who, it is said, were able to cook eggs without fire, by placing them in a sling, and whirling them

around so rapidly that the friction of the air heated them to the exact degree desired.

Giles Rose, chef of Charles the Second of England, gives a recipe for making a giant egg, which was often enough served upon the supper tables of the nobility and gentry in the seventeenth century. In the words of the recipe, "If you would have an egge so bigge, there is an art how it may cover other egges in it, and be not known from a natural egge. You shall part fifty, or more, yelks of egges and whites, one from the other; mingle the yelks gently and put them into a bladder, and bind it round as you can; put it into a pot full of water, and when you see it buble, or when they are grown hard, take them out and add the white to them; so filling the yelks that they stand in the middle, and boil them again so you shall have an egge made without a shell, which you shall frame thus:

Powder the white egge shells, clean washed, that they may fly into dust; steep this into strong, or distilled vinegar, till they grow soft; for if an egge be long in vinegar the shell will dissolve and grow tender that it may easily be passed through the small mouth of a glass; when it is thrust in with fair water it will come to its former hardness, that you will wonder at it; when the shells are dissolved like an unguent, with a pencil make a shell about your egge that is boiled, and let it harden in clear water, so shall you have a natural egge."

In making this giant egg a feature of the royal table, Giles Rose desired to show in a material way the value and importance of eggs in the estimation of those who regard the preparation of food as something more than a mere matter of routine drudgery.

The world-wide popularity of the egg has made it part of the folk-lore of every land; and there are few languages in which it is not used to express a homely truth, or give point to some wise axiom.

The French say: "*Il faut casser des oeufs pour faire une omelette*" (to make an omelette it is necessary to break eggs); or, in other words, one must oftentimes make some small sacrifice in order that an enterprise should be successful.

A German adage is, "*Aenlich wie ein Ei dem anderen*"; which means a resemblance such as one egg has for another.

The Latin phrase, "*Ab ovo usque ad mala*" (from the egg to the apple), or "from the beginning to the end," has been already alluded to.

In English we say, "As full of meat as an egg," which is founded on the familiar saying that an egg contains as much nutriment as half a pound of meat.

In preparing eggs for the table, the Romans cooked them in water, in hot ashes, on charcoal, in the frying pan, and also pickled them; in fact, they had twenty different ways of making the egg



pleasing to the eye as well as the taste of the *bon vivants* of those days.

Apicius, a famous epicure of ancient Rome, left many recipes, that are still extant, and among them we find these:

*Eggs à la Romaine*.—Cook several eggs; cut them and throw over them a seasoning composed in the following manner: bruise some pepper, alisander, coriander and rue, to which add garum, honey and a little oil.

*Hard Eggs à l'Athenienne*.—Cut each egg in four parts, and sprinkle them with garum, oil and wine.

*Fried Eggs à l'Epoenete*.—Fry several eggs, place them in a dish and season with a mixture of pepper, alisander, pine nuts, garum and benzoin.

*Egyptian Egg Pudding*.—Take the yolks of a number of hard eggs, reduce them to a paste with crushed pine nuts, an onion, a leek, some gravy and pepper; add a little wine and garum; stuff an intestine with the pulp, and cook.

*Dish of Eggs à la Macedonienne*.—Put into a mortar some pepper, mint, parsley, pennyroyal, cheese and pine nuts; when these are well crushed add honey and vinegar, fresh water and garum, and then a large number of yolks of eggs; mix well with the rest, and throw the whole into a saucepan; add bread soaked in vinegar and water, which must be well squeezed out, some fresh cows' milk cheese, cucumber, almonds, chopped onions, fowls' livers and garum.

*Lesbian Eggs with Roses.*—Pluck the leaves of several roses, taking only the whitest part, and put them into a mortar with garum; stir a long time, add half a small glass of gravy; stir and strain; put into the liquor the brains of four fowls and eight scruples of ground pepper; stir a long time, and then add to it eight eggs, half a small glass of wine, and as much cooked wine, and lastly a little oil. Grease well the inside of a dish, pour the whole into it, and place it over a very slow charcoal fire, cook, sprinkle with pepper, and serve.

In the "*Forme of Cury*" we find a recipe for poached eggs, with a sauce of yolks of eggs and milk seasoned with saffron and salt. There is also an egg soup (brewet of ayren) composed of eggs, water, butter, cheese and saffron, mixed together and heated, but not boiled, with verjuice added before serving.

In cookery books of the fifteenth century we find three recipes for eggs, two of which—*potage de eggs* and *eyron enpoche*—are merely poached eggs. The third is called *eyroun en Lentyn*, which probably means "eggs in Lent." In accordance with this recipe, the eggs are taken out of the shell and replaced together with milk of almonds, colored and seasoned with saffron and cinnamon, and then roasted.

Up to the seventeenth century there was very little improvement in the art of cookery, food being just as much overspiced as in the days of the

Romans. There was a marked change for the better during the seventeenth and eighteenth centuries, but the cookery books of that period are evidence of the lavish manner in which spices continued to be used, in spite of the greatly improved methods.

Robert May, in his "*Accomplished Cook*," (1665), gives sixty-two different styles of cooking eggs, among which he includes the recipe for the giant egg of Giles Rose. His recipes are nearly all very good, especially for making omelettes, of which he mentions twenty-one "divers wayes." Although he does not give a name to each of these omelettes, the reader readily recognizes the familiar "omelette aux fines herbes," "au fromage," "au lard," "à la Bonnefemme," "aux rognons et champignons," "aux oignons," "aux asperges," etc.

His "sixteenth way, or according to the Turkish mode of making an omelette," is curious enough to be mentioned here. The omelette is garnished with the "hinder part of a hare, or any other venison," bacon minced small, pistachio nuts, hazel nuts, chestnuts, crusts of bread cut in slices, and sweet herbs, the dish being decorated with fried sippets of bread and slices of lemon.

The "one and twentieth way" is an omelette with onions and apples, and a sauce of vinegar, or verjuice, butter, sugar and mustard.

"To dress eggs in the Spanish fashion, called

*wivos me quidos*," is something of a *sabaillon* served on toast.

Eggs à la *Huguenotte*, or the Protestant way," is mentioned in many latter day cook books, and consists of scrambled eggs with mutton, or beef gravy, mushrooms, orange juice and grated nutmeg.

Among the queerly named recipes are "eggs fried as round as a ball," "eggs in moonshine," "eggs, or *quelquechose*," "egg bisk," "a great dish of farced eggs," "egg caudle," and many others of similar quaintness and oddity of expression.

As the science of cookery developed, new recipes for the preparation of eggs were published from time to time. Vincent de la Chappele, in his "*Modern Cook*," mentions seventy-eight different ways in which eggs could be cooked, and it is certain that many of them were very extravagant in their requirements. In the matter of extravagant recipes, Mrs. Glasse, an English authority on the subject, expresses her opinion in the most emphatic manner. She says: "A Frenchman in his own country will dress a fine dinner of twenty dishes, and all genteel and pretty, for the expense he will put an English Lord to for dressing one dish. I have heard of a cook that used six pounds of butter to fry twelve eggs, when everybody knows (that understands cooking) that half a pound is full enough, or more than need be used, but then it would not be

French. So much is the blind folly of this age, that they would rather be imposed on by a French booby than give encouragement to a good English cook!"

The absurdity of the above needs no comment, yet it is a positive fact that the imagination of many cooks knows no limit. To render a dish expensive is not always to make it taste better or more appetizing.

Viard, in his *Cuisinier Imperial*, gives a recipe that recalls the extravagance of Lucullus. Here it is: "Roast twelve ducks underdone; score them down to the bone, press all the juice out of them, and put the juice under fifteen poached eggs." This dish was called, "*Oeufs pochés à l'essence de canards.*" It reminds one of Brillat-Savarin's famous dish, "eggs in gravy," and the circumstances under which he first prepared it.

"One day," said this famous authority on gastronomy, in telling the story, "I was conducting two ladies to Melun, and on reaching Montgeron, after several hours travelling, we felt hungry enough to eat an ox. Alas! the inn we stopped at, though it was decent enough looking, had nothing but an empty larder. Three stage coaches and two post chaises had been before us, and, like the Egyptian locusts, had devoured everything.

Looking into the kitchen, however, I saw, turning on the spit, a leg of mutton, the very thing wanted. The longing glances of the ladies were

in vain, for it belonged to three Englishmen, who had bought it, and who were now patiently waiting and chatting over a bottle of champagne.

"But, surely," said I to the cook, in a mingled tone of entreaty and annoyance, "you might fry us some eggs in the gravy of this roast. With that and a cup of coffee with country cream in it, we shall be resigned to our fate."

"Certainly," answered the cook, "the gravy I have a right to dispose of, and in two minutes you will have your dish."

While he was breaking the eggs I went to the fire-place, and, with my travelling knife, made a dozen deep wounds in the forbidden "*gigot*," letting every drop of the gravy run out. Then, watching the preparation of the eggs, lest anything should spoil my plot, I took possession of the dish and carried it to our room. We, of course, made a capital meal, laughing loudly every time we thought of ourselves having the best part of the roast, and our friends, the English, chewing the remainder."

The recipe of the lively author of the *Physiologie de Goutt*, has nothing in common with that of Viard. Brillat Savarin proved that a true gastronomist will always find a way to render food agreeable to the taste, while Viard was ambitious to shine as a cook of great merit, when in reality the chief feature of his recipe was its costliness.

In modern cookery the eggs most commonly used are those of hens and ducks, and more rare-

ly those of turkeys and geese; though the eggs of certain fishes and reptiles are also in demand.

Verdot, in his *Historiographie de la Table*, claims that ducks' eggs are best for pastry from the fact that they give a brighter color, better taste, and require less butter, which may be due to the fact that the oil in a duck's egg exceeds that of a hen's egg by so much as one-fourth.

In Europe, more than in the United States, the eggs of the plover are by many looked upon as a great delicacy. They are highly esteemed by "Bon vivants," and often fetch fancy prices. They are usually served as Hors-d'oeuvres, and eaten hard boiled.

In many countries, especially islands and along the sea shores, the inhabitants feed on the eggs of the different water birds, many of which, in spite of their fishy diet, are said to be of good taste.

"For many kinds of cooking the eggs of wild birds are less valuable, though in the preparation of some sauces, where only the yellow portion of the egg is used, and where high color and high flavor are both esteemed, two wild bird eggs are considered equal to three domestic ones. The flavor of an egg is determined by the food of the bird, all or most of it resting in the yellow portion." (Simmonds.)

The collection of the eggs of wild birds form a branch of considerable industry in many countries.

During the season, the Jutten and Dassen Is-

lands send a daily average of 30,000 Penguin eggs to Cape Town, and at the little Island of Styllt some 50,000 gulls' eggs are collected annually, and quite as many of other sea birds.

In Africa ostrich eggs are eaten, of which one is considered equal to twenty-four eggs of our domestic hen.

Alexandre Dumas père, the great novelist, also author of the *Grand Dictionnaire de Cuisine*, describes therein a recipe given him by the cook of a Bey in Arabia, for the preparation and making of an omelette of ostrich eggs.

Emeu eggs are nearly as large as those of the ostrich, and are frequently eaten by hunters and settlers in the bush of Australia.

In the way of reptiles' eggs those of different species may be mentioned.

Turtles' eggs are said to be far more nutritious than those of the hen. They are in the best eating condition when taken from the slain animal; and again those, which are only imperfectly developed, are supposed to be the choicest; they then consist chiefly of the yolk and taste somewhat like terrapins' eggs.

I know of a prominent man about town who orders three portions of terrapin stew for himself merely to partake of the eggs and liver. He is certainly a great lover of terrapins' eggs, and would be a good companion for that gourmet who ordered six woodcocks just to obtain the brains and intestine of the birds.



Alligators' eggs are eaten by natives. Travelers, who have eaten some, stated to have found them very good.

Brown, in his work on Guiana, relates a story of a lizard which was killed and cut for cooking, and which contained ten shellless eggs, midway in size between a pigeon and a hen's egg. They were boiled for about five minutes and allowed to get cold, and then eaten with salt. The yolk had the "consistency of butter" and was found to be excellent eating.

Of fish eggs, an enormous quantity of those of the shad, more commonly known as shad roe, are consumed in this country.

The eggs of the sterlet, a species of sturgeon found in Russian rivers, are used in the preparation of the finest caviare.

Although there is plenty of caviare made in America exported to Europe and shipped back to us as the genuine article from Russia.

Other kinds of eggs largely used in cookery, and of which ninety per cent. of ordinary people have no knowledge, are the spawn of the crustacea, as lobsters, crabs and shrimps. They are pounded in the mortar mixed with butter and used for coloring and flavoring sauces.

The coral out of the body of the lobster is used for the same purpose and is also employed for decorating.

The Chinese regard eggs which are partly hatched as the most dainty of tid-bits; and, con-

trary to what most people would think, eggs in that condition are odorless.

As to the different ways of eating eggs, the old adage, "De gustibus non est disputandum," reigns supreme. It is true that "Fancy goes far in matters of taste." The simplest way, and the one most generally followed, is to have the eggs boiled. Here again, however, many conflicting ideas are encountered. Dumas asserts that the best way to eat a fresh egg is *à la coque*, that is to say, soft boiled in that fashion it loses none of its qualities. His recipe is to put the egg into cold water, which must be gently heated until it comes to the boiling point, at which instant the egg will be properly cooked.

From experience it can be stated that this is an uncertain method, as it all depends upon the quantity of water and the degree of heat underneath the vessel containing the egg.

Mattieu Williams, in his *Culinary Chemistry*, recommends the boiling of eggs in the "bain marie," or water bath. "In this case," he says, "a thermometer should be used, and the water surrounding the egg must be kept at, or near, 180 degrees, Fahrenheit, the time of immersion being ten or twelve minutes."

The results of this method are superior to any other, it is claimed, and eggs cooked in this way are "tender and delicate, evenly so throughout; no part being hard, while another part is semi-raw and slimy."

The third method, and the one usually practised by cooks, is the plunging of eggs into boiling water. Although not adopted by everybody as the true and only method, it is the one on which the cook can most safely depend to satisfy consumers. A standing law in cookery is that an egg, immersed as stated above, from two to two and a half minutes, is very soft boiled; from three to four minutes, it is soft; five minutes, it is medium, that is the white is firm and the yolk is soft; from eight to ten minutes immersion makes the egg hard.

In plunging eggs, especially fresh eggs, into boiling water, the shell is liable to burst. This is caused by the sudden exposure to the heat, which expands the albumen and causes the shell to give way. To prevent the breaking of the shell, only a small quantity of water should be used. The eggs will thus lower the temperature of the water sufficiently to allow a little of the inner liquid of the egg to force its way through the shell, so that the latter will not burst. Stale eggs are not likely to burst, as the shell being porous has permitted the evaporation of the fluid.

There are different ways in which to judge the freshness of eggs. The most popular method is to test their translucency, by holding them in front of a bright light. If the eggs are fresh, they will be clearly transparent; if they are stale, or decomposed, the light will seem dull and cloudy.

Another way of testing an egg is to place it in a solution of salt and water, in which there are ten ounces of water to one ounce of salt. If the egg is fresh, it will sink slowly to the bottom. The older the egg, the more slowly it will sink, and a bad egg will float on the surface.

There is still another way of testing the freshness of an egg, and that is by touching the larger end of the egg with the tip of the tongue. If the egg is fresh, it will feel cold; if stale, it will feel warm. This is due to the air bubble between the shell and the skin, which in stale eggs is much larger than in fresh ones, owing to the evaporation of the fluids. The eggshell is perforated with innumerable small pores, which, though too minute to be seen with the naked eye, are large enough to permit air entering them, and by taking the place of the evaporated fluids causes the decay of the egg.

Many different methods are used to prevent this evaporation, and thereby preserve eggs in good condition for a long time. The most effectual method is by covering the egg with some greasy substance. Sometimes they are dipped into melted mutton and beef suet, but these are liable to become rancid. It would be better to use wax, or paraffine; even olive oil would answer better. An excellent way to preserve eggs is to cover them with a solution of gum arabic and gelatine. Some dealers, I have been told, immerse eggs in oil of vitriol diluted with water, with the result that a

part of the shell is dissolved in the acid, thus forming sulphate of lime, which fills up the pores. Great quantities of eggs are preserved by liming. These, however, are not fit for boiling as they generally have a disagreeable taste.

The Scotch method of preserving eggs is to plunge them into boiling water, heated to 140 degrees, keep them there five seconds in order to coagulate the albumen next to the shell, and afterwards rub them with oil or suet.

“The Chinese fashion of preserving eggs is as follows:—They are covered with a paste of quick-lime, sea salt and oak ashes, and thus packed away for three months in boxes separated by each other by rice husks. As a matter of taste they are not nice, the white being coagulated and the yolks having turned green, while the smell is anything but pleasant.”

A better method of preserving eggs would be to pickle them. In England and the United States this is done often enough. When eggs are plentiful, as in Spring or the early part of Summer, they are boiled hard, the shells removed, put into earthen jars, and boiling vinegar seasoned with whole-pepper, allspice, bayleaves, thyme, onions and garlic is then poured over them; and in this way they will keep for quite some time, even for years. Thus pickled they form an agreeable accompaniment to cold meats.

The dessication of eggs comes more and more into practice. They are prepared in three forms,

the first containing all the principles of the whole egg, while the others contain but the yolk or the white only.

It is claimed that dessicated eggs are just as palatable and just as nutritious as when in their fresh state. If this is really so they would be very useful to the traveler and soldier. At the present time dessicated eggs are only used by bakers and those who have more the point of economy than quality in view.

When eggs are stored away, the small end should be uppermost, as the yolk is liable to adhere to the shell if they are laid on the side.

The packing of eggs in bran, wood ashes, or salt, is likely to prove unsatisfactory, as the air will find its way through these substances to the eggs.

Eggs should never be packed away in musty straw, as it is liable to impart an unpleasant flavor to them. This susceptibility of eggs to surrounding odors can be used to advantage when fresh truffles are in season. Eggs placed in contact with these tubers for forty-eight hours, will absorb the agreeable perfume of the truffle. A soft-boiled egg flavored with truffle would delight the most exacting of gourmets.

The mention of soft boiled eggs brings to mind the many, seemingly, endless arguments that have arisen as to their digestibility.

According to Dr. Beaumont's Table of Digestion, the soft boiled egg requires three hours for digestion; the hard egg taking thirty minutes longer.

The reason for this difference in time is that the white of the egg, being almost pure albumen, is more readily acted upon by the gastric juices when it is soft. For this same reason a raw egg needs only two hours for digestion.

Persons of sedentary habits, or those whose stomachs are easily affected, should only eat eggs that are soft boiled, or poached; while those fortunate individuals who have plenty of exercise, can eat any kind of cooked eggs without fear of injuring their digestive powers.

Raw eggs mixed with sugar and sherry, or brandy, are an excellent stimulant and restorative, and, at the same time, they are slightly laxative. Hard eggs, on the contrary, are said to cause constipation. On this point, Dr. Muffett must be quoted once more, where he tells in quaint language, that "Brassavola reporteth a monk to have been made costiff with hard eggs that no art was available to give him on stool."

Johnston, in his *Chemistry of Common Life*, says: "The egg, as a whole, is richer in fat than fat beef. It is equalled in this respect, among common kind of food, only by pork and by eels. It is of interest to remark, however, that the white of the egg is entirely free from fat, and that albumen is a very constipating variety of animal food, so that it requires much fat to be eaten with it, when consumed in any quantity, in order that this quality may be counteracted. It is no doubt because experience has long ago proved this in

the stomach of the people, that 'eggs and bacon' have been the popular dish among Gentile nations from time immemorial."

Eggs are certainly very nutritious, as they contain fourteen parts, in a hundred, of albumen. They are therefore, weight for weight, almost as valuable for strengthening and tissue making as muscular flesh. Eggs are also regarded by many as an excellent brain food, owing to the large percentage of phosphorus which they contain. A story is told of a German scholar who took refuge in a barn from the infuriated soldiery. During two weeks this man lived on one egg a day, innocently furnished by a hen, whose nest was within his reach. This shows not only that a man can subsist on a small amount of nourishment, but also that eggs are among the most perfect foods possessed by mankind.

It is true, however, that eggs are not beneficial to every one. Some persons of a very delicate digestion may find eggs a satisfactory and pleasant article of diet, while others far more robust may find them extremely hurtful.

A few figures as to the number of eggs consumed each year in the United States, will show the widespread popularity of the egg as an article of food.

Dr. E. Atkinson, in *The Science of Nutrition*, says, "In our factory boarding houses in Massachusetts the consumption of eggs per adult is one every other day. One egg every other day, at



sixteen and a half cents a dozen, comes to three dollars a year per adult. We may compute our present population as being equal to fifty million adults; fifty million adults, at three dollars each, would spend one hundred and fifty million dollars a year for eggs."

Simmonds, in his book, *Animal Food Resources of the World*, says "the egg traffic of the United States is exceedingly large."

"The aggregate transactions in the City of New York are said to amount \$8,000,000 in value."

The same authority says that "over 20,000 carloads of live and dressed poultry are carried into New York City yearly, and 25,500,000 dozen of eggs go to the same market." "According to the best authorities the United States produce nine thousand million of eggs annually."

Figures are facts, and the above, which is far from being exaggerated, tends to prove that eggs play a greater part in the preservation of mankind than many persons are willing to admit.



## FRIAR O'MEARA'S SONG.

BY FATHER PROUT (REV. FRANCIS MAHONY).

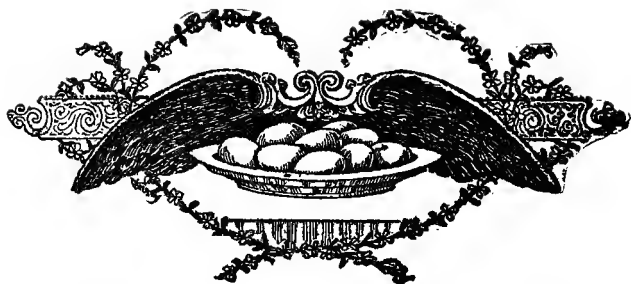
Why then, sure it was made by a learned owl,  
The "rule" by which I beg,  
Forbidding to eat of the tender fowl  
That hangs on yonder peg.  
But, rot it! no matter:  
For here on a platter,  
Sweet Margaret brings  
A food fit for kings;  
And a meat  
Clean and neat—  
That's an egg!  
Sweet maid,  
She brings me an egg newly laid!  
And to fast I need ne'er be afraid!  
For 'tis Peg  
That can find me an egg.

Three different ways there are of eating them;  
First boiled, then fried with salt,—  
But there's a particular way of treating them,  
Where many a cook's at fault:  
For with parsley and flour  
'Tis in Margaret's power  
To make up a dish,  
Neither meat, fowl, nor fish;  
But in Paris they call't  
A neat  
Omelette.  
Sweet girl!  
In truth, as in Latin, her name is a pearl,  
When she gets  
Me a platter of nice omelettes.

Och! 'tis all in my eye, and a joke,  
To casting a sorrowful yoke;  
    Sure, of Dublin-bay herrings a keg,  
        And an egg,  
    Is enough for all sensible folk!  
    Success to the fragrant turf-smoke,  
That curls round the pan on the fire;  
    While the sweet yellow yolk  
    From the egg-shell is broke  
        In that pan,  
        Who can,  
    If he have but the heart of a man,  
Not feel the soft flame of desire,  
When it burns to a clinker the heart of a friar?



“There is a best way of doing everything,  
even if it be to boil an egg.”—*Emerson*.



## PART II.

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ALTHOUGH most cook books contain a large number of recipes for the preparation of eggs in a variety of styles, yet there are really not more than a dozen distinctly different methods of cooking eggs; and they may be classified as follows: boiled, poached, mollet; shirred, or *au miroir*; scrambled, fried; in *cocottes*, or cases; moulded in *timbales*; hard, stuffed, cold, omelettes, sweet; and a few miscellaneous styles which can not be very well specially classified.

In writing this little book, it has not been my intention to produce a long and learned treatise upon the art of cookery, but simply to give, in the fewest possible words, directions for the proper preparation of eggs in any of the above mentioned styles. By this means a person, who orders eggs

prepared in a certain way, can have some idea of the manner in which they are made ready for his use; and at the same time these directions may be of service to the professional cook by explaining briefly the details of preparation in each of the widely varying styles of egg cookery.

As no other article of food offers so much scope for the inventive genius of a thoughtful cook as the egg, it may be that there is still greater diversity of styles of preparing it for the table than those I have mentioned. If so, I ask the kind indulgence of such of my readers as may, perchance, know of some excellent way of cooking eggs that has not come to my knowledge.

"To err is human," said the old Latin poet, who also hastened to add, "but to forgive is divine."



## Boiled Eggs.

**I**N the first part of this book allusion was made to the various ways in which eggs can be boiled, and it is surprising that, in what is seemingly so simple a matter, so many questions can arise for serious consideration before a final decision is reached as to which of several methods should be adopted. Under circumstances where the saving of time is no consideration, and where the man who orders his eggs boiled expects to get them, as they ought to be, "tender and delicate," the following method should be employed:

For six eggs have one quart of boiling water; plunge in the eggs and leave them for five to eight minutes without boiling. The eggs will lower the temperature of the water, and bring it to about  $180^{\circ}$ , that is  $30^{\circ}$  less than the boiling point. The white will then be of a creamy consistence, and more apt to blend with the yolk, and also be easier of digestion.

Another method, commonly adopted in hotel and restaurant kitchens, is to plunge the eggs into boiling water; and after an immersion of two to two and a half minutes the eggs are regarded as very soft; after three to four minutes, soft; after five to six minutes, medium; and after eight to ten minutes, hard.

I do not consider this method as the best, though hotel and restaurant cooks rely upon it as the safest, in spite of the fact that oftentimes the result has been disappointing, even when, watch in hand, exactitude in time has been observed. Few are aware of the fact that the cause of such disappointment is due largely to the freshness of the eggs. Mention has been previously made of the fact that the fluids of the egg will evaporate day by day, leaving greater density to the white of the egg, which therefore will coagulate more quickly than the white of a fresh laid egg, which is very watery in substance.

Another important factor to be considered in boiling eggs is their temperature. Eggs taken from an ice box will cool the water much more than those that have been in the usual kitchen temperature several hours, and the former therefore require longer time to cook than the latter. Every cook should adopt a certain system, founded upon his personal experience in boiling eggs, so as to suit the different tastes which he endeavors to satisfy.

Still another system of boiling eggs is to put them into a sufficient quantity of cold water and cover them. When the water begins to boil, the eggs are ready to be served. This, in the writer's opinion, is the second best method.

Eggs can also be steamed, and that method has been adopted in a number of hotels.

Some few years ago a mechanical device for



correctly timing the boiling of eggs was introduced into many restaurant and hotel kitchens, and was warmly welcomed by many cooks, as it relieved them of all blame if the eggs were not satisfactorily cooked. It consisted of a wire basket with an automatic attachment, by means of which the basket came out of the water when the eggs had been in the boiling water the number of minutes desired by the person ordering them.



## Poached Eggs.

POACHED eggs are nothing more nor less than eggs boiled without the shell.

The most important requisite is that the eggs should be fresh, as stale eggs will never poach well, even if the greatest care is used in handling them.

There are two distinct methods of poaching eggs, and that the reader may judge for himself which is the more preferable, the recipes for both are appended. The first method, in accordance with the directions given by most of the French authors on the art of cookery, is as follows:

Have three quarts of boiling water in a shallow pan, and for each quart add a tablespoonful of vinegar and a teaspoonful of salt. Break three or four eggs into the water, just where it is boiling, and with a skimmer gently turn the egg so that it may take an elongated shape. As soon as the eggs are firm take them out with the skimmer, and put them into cold water; before serving put them, for a few minutes, into hot water again.

The second method, usually followed in America and England, is the following:

Have three quarts of boiling water in a shallow pan; salt it slightly, and drop into it three or four eggs; do not allow the water to boil any

longer, and leave the eggs in it about three minutes, until the white is firm; then take them out, trim them, and serve on toast, or as directed.

There is very little difference between the above two recipes save the omission of vinegar in the second one. Many French cooks claim that vinegar possesses the property of giving a good shape to the egg while it is being poached. I claim, however, and I do so from experience, that vinegar (or verjuice, which was used in bygone days) has no other effect than to make the white of the egg tough; and, therefore, I prefer the second method, as it does not allow the water to boil after the eggs are put into it. In this I follow the theory of Mattieu Williams, and the result is more satisfactory to the cook and more beneficial to the eater.

Poached eggs are often ordered by physicians for convalescent patients. In such cases the eggs should always be served perfectly plain, without sauces or condiments. They are usually served on toast, or on crusts of bread shaped like the egg. These crusts are scooped out, fried in butter, and filled with divers garnishings. Crusts of puff-paste can be substituted advantageously for those of bread; they are then shaped into round or oval tartlet moulds, according to the taste of the cook.

## Poached Eggs—Oeufs Pochés

### *à la Agostini—Agostini.*

Eggs served on a bed of plain boiled rice surrounded with tomato sauce prepared as follows: chop one large onion very fine, and smother in olive oil until thoroughly cooked, then add six tomatoes which were previously peeled, the seeds pressed out and cut in small pieces; when the tomatoes are reduced to a pulp add a little rich gravy and a table-spoonful of beef extract; season lightly with red pepper.

### *à l' Aigre-doux—with Sour-Sweet Sauce.*

Eggs served on toast; Madeira sauce mixed with currant jelly poured over them.

### *à l' Alsacienne—Alsacian Style.*

Eggs served on slices of fat goose liver; Madeira sauce over them.

### *à l' Américaine—American Style.*

Cut tomatoes in halves; squeeze out the seeds; season with salt and pepper; besprinkle with butter and bake in the oven, then fill with a lobster hash cooked with cream; put the eggs on top, and cover with cream sauce.

### *à l' Amiral—Admiral's Fashion.*

Fill some crusts, made of puffpaste, with a chicken hash and truffles in cream; put the poached eggs on top and cover with cream sauce.

## Poached Eggs—Oeufs Pochés

### *à l'Arléquin—Harlequin's Fashion.*

Eggs served on toast; cream sauce poured over; besprinkle with chopped beeftongue, truffles and parsley.

### *à l'Aurore—Aurora.*

Eggs covered with half tomato and half cream sauce mixed; besprinkle with chopped hard boiled yolk of egg.

### *à la Bayonnaise.*

Cut round slices of bread and some of pumpkin of the same size, just a little larger than the poached egg; fry them both in butter, put the pumpkin on the bread and the egg on the pumpkin; pour over a cream sauce mixed with purée of onions.

### *à la Bayard—Bayard.*

Eggs served on paté de foie gras toast, covered with a garnishing of shredded ham, truffles, and mushrooms heated in Madeira sauce.

### *à la Bearnaise—with Bearnaise Sauce.*

Eggs served on toast and covered with Bearnaise sauce.

### *à la Benedict—Benedict.*

Split and toast some small muffins; put on each a nice round slice of broiled ham, and on the ham the poached egg; pour over some Hollandaise sauce.

## Poached Eggs—Oeufs Pochés

### *à la Bignon—Bignon.*

Have some light chicken cream forcemeat, with which dress (with the aid of a pastry bag) some rings on the dish on which the eggs are to be served; cover them with white buttered paper, and cook for four or five minutes in a slack oven. In the centre of each ring put the eggs and pour over a velouté sauce reduced with some good chicken stock and cream and besprinkle with chopped tarragon leaves.

### *à la Bohémienne—Bohemian Style.*

Eggs served on halves of tomatoes stuffed with gooseliver and chopped mushrooms; pour over a cream sauce mixed with purée of tomatoes.

### *à la Boëeldieu—Boëeldieu.*

Fill some bread crusts with fresh tomatoes which were previously peeled, squeezed and cut in eighths (or if the tomatoes are large still smaller) and cooked in oil until perfectly dry; put on each crust an egg and cover with velouté cream sauce.

### *à la Bonnefoy—Bonnefoy.*

Make a purée of half game and half paté de foie gras to which add some chopped truffles; heat the purée and put in some china cases; serve the poached eggs on top and cover with velouté sauce reduced with game stock.

## Poached Eggs—Oeufs Pochés

### *à la Bonvalet—Bonvalet.*

Cut some round slices of bread, fry them in clarified butter and place on each a poached egg; cover the eggs with a well-reduced velouté sauce; on the outer rim of the crust put some Bearnaise sauce mixed with tomato purée.

### *à la Bostonienne—Boston Style.*

Eggs served on small round fish cakes surrounded with cream sauce.

### *au Bouillon—in Broth.*

Eggs served in broth or consommé.

### *à la Bourguignone—Burgundy Style.*

Eggs poached in Burgundy wine and served on fried slices of bread; with the remaining wine and a little beef extract the sauce is prepared by thickening it with a little butter kneaded with flour.

### *à la Brébant—Brébant.*

Crusts of puff-paste filled with a purée of quails and paté de foie gras; poached eggs on top and covered with Maderia sauce.

### *à la Bretonne—Britanny Style.*

Eggs served on oval shaped slices of smoked beef-tongue heated in Madeira, covered with brown sauce mixed with a purée of onions. Instead of brown sauce one made of cream may be served.

## Poached Eggs—Oeufs Pochés

### *à la Café Anglais—Café Anglais.*

With a chicken and lobster forcemeat dress rings on a dish the same as for eggs *à la Bignon*; cook them for a few minutes, put in the eggs and cover with crayfish sauce.

### *à la Cardinal—Cardinal's Fashion.*

Eggs served on toast and covered with lobster sauce besprinkled with chopped lobster coral.

### *à la Célestine—Célestine.*

Muffins split and toasted are covered with a slice of broiled ham upon which poached eggs are laid; pour over some cream sauce mixed with cheese, and gratinate under a salamander or in a very hot oven.

### *aux Champignons—with Mushrooms.*

Mushrooms sliced and heated in Madeira sauce poured over the eggs.

### *à la Chantilly—Chantilly.*

Crusts of bread filled with shredded truffles in cream; eggs on top; cream sauce with a little beef extract poured over.

### *à la Colbert—Colbert Style.*

Eggs on fried slices of bread covered with Colbert sauce; or serve in rings of chicken forcemeat with the above sauce.

### *à la Comtesse—Countess Style.*

Puff-paste crusts filled with asparagus tips; eggs on top covered with cream sauce.



## Poached Eggs—Oeufs Pochés

### *à la Crème—with Cream.*

Eggs served on toast and covered with cream sauce.

### *à la Crème d'Asperges—with Cream of Asparagus.*

Crusts of bread, or of puff-paste, filled with a purée of asparagus mixed with cream sauce; eggs served on top.

### *à la Crème de Celeri—with Cream of Celery.*

Served the same way as the foregoing; use a purée of celery instead of asparagus.

### *Sur Crouste—on Crusts.*

Crusts for poached eggs can be either made of plain bread or puff-paste.

Bread Crusts.—Cut slices of sandwich bread about three-eighths of an inch to one inch in thickness; give them an oval shape, or they may be cut round; with a small pointed knife make an incision on the top all around the border; then fry in clarified butter; after the crusts are cooled off slightly, take off the cover and scoop out all the soft part of the bread; this hollow part is generally filled with the diverse purées, garnishings, etc.

Puff-paste Crusts.—Roll out some puff-paste trimmings to a thickness of about one-eighth of an inch; line with some tartelet moulds and fill them up with split peas or dried white beans; bake in a quick oven from twelve to fifteen minutes; take out the peas and beans and the crusts are ready for using.

## Poached Eggs—Oeufs Pochés

### *à la Cussy—Cussy.*

Bread crusts filled with a ragoût of breast of quail, fat goose liver and truffles, all cut in squares and mixed with brown sauce; eggs on top and covered with velouté cream sauce.

### *à la Daumont—Daumont.*

Eggs served in chicken forcemeat borders, as eggs *à la Bignon*, and covered with onion cream sauce.

### *à la Dauphine—Dauphine.*

Bread crusts filled with asparagus tips; eggs on top and Madeira sauce with sliced mushrooms poured over.

### *à la Diable—Devilled.*

Eggs on fried slices of bread; devilled sauce poured over them.

### *à la Dumas—Dumas.*

Eggs covered with horseradish cream sauce, besprinkled with grated parmesan cheese and a little melted butter; gratinated under the salamander or in a hot oven.

### *à l'Ecarlate—Ecarlate.*

Eggs on slices of smoked or pickled beef-tongue and cream sauce.

### *aux Ecrevisses—with Crayfish.*

Eggs on toast covered with crayfish sauce, mixed with crayfish tails.

## Poached Eggs—Oeufs Pochés

*aux Epinards—with Spinach.*

Eggs on a bed of finely chopped and well-seasoned spinach, surrounded with a rich gravy.

*à l'Espagnole—Spanish Style.*

Eggs on a layer of risotto seasoned with onions, saffron and tomatoes, surrounded with tomato sauce.

*à l'Estragon—with Tarragon.*

Rich veal gravy with chopped tarragon leaves poured over the eggs.

*à la Florentine—Florence Style.*

Eggs served on artichoke bottoms; cream sauce with chicken and mushrooms cut in small squares poured over.

*à la Georgette—Georgette.*

Large baked potatoes cut in halves and scooped out; put one poached egg in each half and cover with a cream sauce mixed with parmesan cheese and melted butter, then gratinate under the salamander or in a very hot oven.

*à la Germaine—Germaine.*

Eggs on large-sized fresh mushrooms covered with a sauce colbert, to which chopped tarragon leaves are added.

*des Gourmet—Gourmet's Fashion.*

Eggs on paté de foie gras toast, covered with Bearnaise sauce.

## Poached Eggs—Oeufs Pochés

### *à la Gounod—Gounod.*

Eggs on mushrooms, cooked in oil, and covered with a well-reduced and buttered tomato sauce.

### *à la Héloïse—Héloïse.*

Puff-paste crusts filled with a ragoût of square cut truffles, chicken and smoked beeftongue in cream; eggs on top with thick tomato sauce.

### *à la Hussard—Hussard.*

Halves of tomatoes stuffed with chopped ham and mushrooms; eggs on top covered with cream sauce.

### *à l'Impériale—Imperial Fashion.*

Eggs on foie gras toast; velouté cream sauce over the eggs and besprinkled with shredded truffles.

### *à l'Indienne—Indian Style.*

Eggs on a bed of plain boiled rice; cream curry sauce surrounding it.

### *au Jambon—with Ham.*

Eggs on broiled or fried slices of ham.

### *au Jus—with Gravy.*

The best gravy to use with eggs is veal gravy; however, it can be substituted by some other kind, and if none at hand some light brown sauce, to which a little beef extract is added, may be used.

**Poached Eggs—Oeufs Pochés***à la Karolyi—Karolyi.*

Eggs on broiled slices of ham, covered with tomato sauce, seasoned with Paprika pepper.

*au Lard—with Bacon.*

Eggs served on toast, garnished with broiled or fried strips of bacon.

*à la Lyonnaise—Lyonese Style.*

Eggs on artichoke bottoms; brown sauce with onion purée poured over.

*à la Magenta—Magenta.*

Eggs on crusts filled with crayfish tails in cream; cream sauce, finished with crayfish butter, poured over the eggs, garnished with asparagus tips.

*en Matelote—Mariners' Fashion.*

Eggs on fried slices of bread; claret sauce garnished with small glazed onions and mushrooms poured over them.

*à la Mazarin—Mazarin.*

Halves of tomatoes stuffed with liver force-meat mixed with chopped truffles, mushrooms, beeftongue and breast of partridge or chicken; eggs on top and brown tarragon sauce poured over.

*à la Mornay—Mornay.*

Eggs covered with cream sauce mixed with cheese, and then gratinated.

## Poached Eggs—Oeufs Pochés

### *à la Moutarde—with Mustard Sauce.*

Eggs served on toast and covered with mustard sauce. The best mustard sauce for eggs would be to mix either some English or French mustard with Hollandaise sauce.

### *à la Moscovite.*

Eggs on fried slices of bread; cream sauce poured over and besprinkled with chopped parsley, truffles and lobster coral; garnish with small puff-paste crescents filled with caviare.

### *à la Nationale—National.*

Cream sauce mixed with tomato purée and grated cheese, poured over the eggs and then gratinated.

### *à la Neptune—Neptune.*

Eggs on fried slices of bread, garnished with lobster cut in small squares and stewed in cream.

### *à la Normande—Normandy Style.*

Bread crusts filled with onion purée mixed with chopped ham; eggs on top and tomato sauce poured over.

### *à la d'Orléans—d'Orléans.*

Forcemeat made with cooked pheasant and fat goose liver heated with some thick velouté sauce. Borders of the above are dressed on the dish, and a poached egg is laid in each; a velouté cream sauce reduced with game stock poured over.

## Poached Eggs—Oeuf Pochés

*à l'Oseille—with Sorrel.*

Eggs dished up over a purée of sorrel.

*aux Pointes d'Asperges—with Asparagus Tips.*

Eggs garnished with asparagus tips, previously cooked in water and then tossed in butter.

*à la Portugaise—Portuguese Fashion.*

Halves of tomatoes fried in oil, put on fried slices of bread; eggs on top and tomato sauce poured over.

*à la Prince Egon—Prince Egon Fashion.*

Cream sauce with truffles and crayfish cut in small dice poured over the eggs.

*à la Provençale—Provencian Fashion.*

Eggs on fried slices of bread; a thick tomato sauce with a supçon of garlic poured over.

*à la purée d'Artichauts—with purée of Artichokes.*

*à la purée d'Asperges—with purée of Asparagus.*

*à la purée de Champignons—with purée of Mushrooms.*

*à la purée de Gibier—with purée of Game.*

*à la purée de Lentilles—with purée of Lentils.*

*à la purée de Marrons—with purée of Chestnuts.*

*à la purée de Pois—with purée of Peas.*

*à la purée d'Oignons—with purée of Onions.*

*à la purée d'Oseille—with purée of Sorrel.*

### Poached Eggs—Oeufs Pochés

*à la purée de Tomates—with purée of Tomatoes.*

*à la purée de Volaille—with purée of Chicken.*

Besides the above named purées eggs can be served with quite a number of others. The purées used for garnishing can either be served in bread or puff-paste crusts and the egg served on top of these; or, the purée can be put on the dish and the eggs laid upon it; however, the former way is more elegant and generally adopted in first-class houses.

*à la Renan—Renan.*

Garnish some china cases with minced chicken in cream; put a poached egg in each and pour over a velouté cream sauce finished with a purée of chicory or spinach.

*à la Rossini—Rossini.*

Eggs on slices of fat gooseliver; truffle sauce poured over.

*à la Rothschild—Rothschild.*

Puff-paste crusts filled with a purée of truffles and paté de foie gras; eggs on top with Madeira sauce.

*à la Russe—Russian Fashion.*

Eggs on caviar toast, garnished with boneless anchovies, and surrounded with Madeira sauce.



## Poached Eggs—Oeufs Pochés

### *à la Sagan—Sagan.*

Eggs on fried slices of bread; a cream velouté sauce with curry, garnished with shredded chicken and cêpes poured over.

Boiled rice may be served separate.

### *à la Sévigné—Sévigné.*

Puff-paste crusts filled with chicken hash and truffles in cream; eggs on top covered with cream sauce.

### *à la Sicilienne—Sicilian Fashion.*

Eggs on bread crusts filled with purée of chicken livers; tomato sauce poured over.

### *à la Soubise—Soubise.*

Eggs on toast; cream sauce mixed with purée of onions poured over.

### *à la Stuers—Stuers.*

Eggs on paté de foie gras toast; cream sauce with essence of truffles poured over; a glazed slice of truffle on each egg.

### *aux Truffes—with Truffles.*

Eggs on toast, covered either with Madeira or cream sauce with sliced truffles.

### *à la Turquie—Turkish Style.*

Eggs on fried slices of egg plant and tomato sauce.

## Poached Eggs—Oeufs Pochés

### *à la d'Uxelles—d'Uxelles.*

Eggs on fried slices of bread, covered with a sauce made of chopped shallots, mushrooms and fine herbs cooked in butter, reduced with white wine, finished with half brown, and half tomato sauce mixed.

### *à la Valois—Valois.*

Eggs on crusts filled with lobster and truffles cooked in cream. Tomato sauce poured over.

### *à la Véfour—Véfour.*

Eggs on tartelet crusts filled with crayfish tails stewed in cream; cream sauce finished with anchovy and lobster butter poured over the eggs.

### *à la Véron—Véron.*

Artichoke bottoms filled with chopped beef-tongue and truffles; eggs on top and covered with cream sauce and cheese; then gratinated.

### *à la Victoria—Victoria.*

Bread crusts filled with crab meat cooked in cream; eggs on top covered with cream curry sauce finished with lobster butter.

### *à la Walter Scott—Walter Scott.*

Eggs on toast, garnished with lobster cut in squares and cooked in cream; tomato sauce finished with lobster butter poured over the eggs.

## Eggs Mollet.

EGGS MOLLET should properly be classified among soft-boiled eggs, as is clearly indicated by the meaning of the word "*mollet*."

In preparing *eggs mollet*, it is absolutely necessary that the eggs be very fresh. Plunge them into boiling water, cover the vessel they are in, and bring it to the corner of the range, not permitting the water to boil, and, after an immersion of ten minutes, take them out, and put them into cold water to cool off. Then take off the shell very cautiously, as the eggs being quite soft are liable to break. When they are fresh from the shell, put them back into clean cold water, and when ready to use heat them in water or broth for a few minutes.

*Eggs mollet* can also be prepared by cooking the eggs for five minutes in boiling water, and then proceeding as stated above.

*Eggs mollet* are usually served on toast, crusts, etc.

**Eggs Mollet (soft)—Oeufs Mollet**

*à la Béchamel—Béchamel.*

Eggs on toast; cream sauce poured over.

*à la Berlioz—Berlioz.*

Mushrooms and breast of partridge cut in small squares and stewed in cream; eggs served on top.

*à la Bordelaise—Bordeaux Style.*

Eggs on fried slices of bread; Bordeaux sauce poured over.

*à la Bourguignone—Burgundy Style.*

Puff-paste crusts filled with scrambled eggs with asparagus tips and truffles; an egg mollet on each crust.

*à la Bruxelloise—Brussel Fashion.*

Eggs on fried slices of bread, garnished with Brussel sprouts; cream sauce poured over the eggs.

*à la Catalane—Catalane.*

Eggs on bread crusts filled with crab meat stewed in cream.

*à la Chantilly—Chantilly.*

Eggs on small puff-paste crusts filled with purée of onions; thick tomato sauce over the eggs.

*à la Chicorée—with Chicory.*

Chicory chopped fine, mixed with cream, and well seasoned; eggs on top. Serve good rich gravy around the chicory.

**Eggs Mollet (soft)—Oeufs Mollet**

*à la Chasseur—Hunter's Fashion.*

Eggs on a purée of chestnuts mixed with purée of game; Madeira sauce reduced with game stock.

*en Demi-deuil—Demi-deuil.*

Eggs covered with cream sauce, besprinkled with chopped truffles.

*aux Écrevisses—with Crayfish.*

Eggs over crayfish tails stewed in cream.

*aux Epinards—with Spinach.*

Eggs on a bed of spinach chopped fine, mixed with cream and well seasoned, surrounded with rich gravy.

*à la Française—French Style.*

Eggs on puff-paste crusts filled with a ragoût of cocks' combs and cocks' kidneys in velouté cream sauce.

*à la Garlin—Garlin.*

Eggs on artichoke bottoms; cream sauce with shredded chicken and truffles poured over.

*à la du Guesclin—du Guesclin.*

Eggs on bread crusts filled with curried lobster; cream sauce with paprika poured over the eggs; chopped truffles, lobster coral and parsley sprinkled over.

*à la Héloïse—Héloïse.*

Eggs on fried slices of ham; Hollandaise sauce with shredded beeftongue and truffles poured over the eggs, and around them serve a well-reduced tomato sauce.

### Eggs Mollet (soft)—Oeufs Mollet

#### *à l'Indienne—Indian Fashion.*

Eggs on a bed of rice with cream curry sauce.

#### *à l'Italienne—Italian Style.*

Broiled slices of ham on risotto, and eggs on the ham; surrounded with tomato sauce.

#### *à la Montebello—Montebello.*

Eggs on paté de foie gras toast; thick Bearnaise sauce mixed with purée of tomatoes poured over.

#### *à la Montglas—Montglas.*

Eggs on crusts filled with a brown ragoût of mushrooms, truffles, beeftongue, and chicken cut in squares.

#### *à la Nantua—Nantua.*

Eggs on crusts, filled with crayfish tails stewed in cream.

#### *à l'Oseille—with Sorrel.*

Eggs served on a bed of sorrel.

#### *à l'Ostendoise—Ostend Fashion.*

Eggs on crusts, filled with oysters in cream sauce.

#### *à la Parisienne—Parisian Fashion.*

Eggs on artichoke bottoms; cream sauce with truffles poured over.

#### *à la Persanne—Persian Fashion.*

Eggs on a bed of plain boiled rice, surrounded with a brown curry sauce with onions, ham, and stewed prunes cut in small squares.

**Eggs Mollet (soft)—Oeufs Mollet**

*à la purée d'Artichauts*—with purée of Artichokes.

*à la purée d'Asperges*—with purée of Asparagus.

*à la purée de Celeri*—with purée of Celery.

*à la purée de Marrons*—with purée of Chestnuts.

*à la purée de Tobinambours*—with purée of Girasoles  
or Jerusalem Artichokes.

Eggs can be served right on the purée; or  
these can be served in crust and eggs on top.

*à la Raphael*—*Raphael*.

Eggs covered with anchovy sauce with cray-  
fish tails or lobster cut in squares.

*à la Ravigote*—*Ravigote*.

Eggs covered with velouté sauce, finished  
with green butter—(tarragon, chervil, parsley,  
etc., parboiled and pounded with butter).

*à la Reine*—*Queen Style*.

Eggs on crusts filled with purée of chicken;  
cream sauce.

*à la Royale*—*Royal Fashion*.

Eggs on crusts filled with truffles and beef-  
tongue cut in small squares and stewed in  
cream.

*à la Sidney*—*Sidney*.

Eggs with cream curry sauce with shredded  
chicken and ham. Rice may be served  
separate.

**Eggs Mollet (soft)—Oeufs Mollet**

*à la Vatel—Vatel.*

Eggs on fried slices of bread, covered with cream sauce mixed with shredded mushrooms and beeftongue.

*à la Verdi—Verdi.*

Eggs with cream sauce mixed with purée of onions. In the centre of eggs serve fresh mushrooms sautéed in butter.

*à la Zurlo—Zurlo.*

Eggs on flat and oval-shaped potato croquettes; cream sauce with chopped ham, truffles and parsley around them.





## Scrambled Eggs.

OF all the many ways in which eggs can be prepared for the table, there is none which, as a rule, is liable to be so unsatisfactory as when they are scrambled. In order that a dish of scrambled eggs should appear at its best, it ought to be served immediately after leaving the hands of the cook, as eggs in that form are liable to rapid deterioration in tastefulness and quality.

Some cooks use cream, or cream sauce, to keep scrambled eggs in good condition for a reasonable period of time. I do not recommend the use of sauce unless it be absolutely necessary, as I consider cream more satisfactory. It should be remembered that the most important point in cooking eggs is never to overcook them. Scrambled eggs, that are dried up when served, are not only lacking in tastefulness, but they are also difficult of digestion. Here is a recipe that will give satisfaction if the directions are strictly followed out:

Butter a flat sauté pan liberally, put into it six well beaten eggs, season with salt and pepper, and put on the fire. Keep stirring continually with an egg whisk, or wooden spoon, until the eggs become creamlike in consistency; when they are sufficiently done add about two ounces of good butter, and serve immediately. If scrambled eggs

cannot be served as soon as cooked, a little cream, about one tablespoonful to two eggs, may be added; cooked this way they are more custard-like in appearance.

### Oeufs Brouillés—Scrambled Eggs

*aux Anchois—*with Anchovies.

Boneless anchovies cut in small pieces mixed with plain scrambled eggs.

*aux Artichauts—*with Artichokes.

Artichokes cut into dices mixed with scrambled eggs.

*à la d'Aumale—*d'Aumale.

Scrambled eggs with kidneys, garnished with small puff-paste crusts filled with thick purée of tomatoes.

*à la Balzac—*Balzac.

Scrambled eggs with shredded beeftongue and truffles, garnished with crusts filled with soubise.

*à la Bordelaise—*Bordeaux Style.

Scrambled eggs with fried cubes of bread and cèpes; chopped fine herbs added when cooked.

*à la Bretonne—*Brittany Style.

Scrambled eggs served on toast, with minced onions in thick brown sauce in the centre.

*à la Cerveille de Veau—*with Calf's Brains.

Calf's brains cut in cubes mixed with the eggs.

## Oeufs Brouillés—Scrambled Eggs

### *aux Champignons—with Mushrooms.*

These can be served either with or without sauce. In the first case, if fresh mushrooms are used they are cooked in butter and mixed with sufficient brown sauce, which must be of good consistency; the scrambled eggs are dished up and the stewed mushrooms put in the centre. If no sauce is required the mushrooms are cut in cubes, cooked in butter and mixed with the eggs.

### *à la Comtesse Uruska—Countess Uruska Style.*

Scrambled eggs with asparagus tips, and crayfish or lobster cut in cubes, served on toast; surrounded with tomato sauce.

### *aux Crevettes—with Shrimps.*

Shrimps cut in squares mixed with the eggs.

### *en Croustade—in Crusts.*

These crusts can be made either of bread or puff-paste. (See with poached eggs.)

### *à la Dieppoise—Dieppe Style.*

Scrambled eggs with oysters and mushrooms, served in small puff-paste patties.

### *à l'Espagnole—Spanish Style.*

Onions, green peppers, ham and tomatoes cooked in oil or butter, mixed with the eggs, or if preferred, can be dished up in the centre of the eggs.

## Oeufs Brouillés—Scrambled Eggs

*à l'Estragon—with Tarragon.*

Tarragon leaves are parboiled, chopped, and then mixed with the eggs.

*aux Fines Herbes—with Fine Herbs.*

The professional cook knows of two kinds of fine herbs, the raw and the cooked; the raw consists of chopped parsley, chervil and chives, sometimes tarragon; the cooked fine herbs are prepared with mushrooms, shallots and parsley, all chopped fine and cooked in butter.

For scrambled eggs, or omelette with fine herbs, the raw herbs are generally used unless otherwise specified.

*à la Française—French Style.*

Artichoke bottoms, previously heated in broth, are filled with scrambled eggs mixed with chopped truffles, sprinkled over with grated cheese and melted butter; put in the oven for a minute; served with brown sauce.

*au Fromage—with Cheese.*

Plain scrambled eggs, to which, when they are cooked, some grated Parmesan or Gruyère cheese is added.

## Oeufs Brouillés—Scrambled Eggs

*à la Geo. de Forest Grant—Geo. de Forest Grant.*

Plunge some good sized green peppers into very hot fat, so that the outer skin may be detached by rubbing with a napkin, cut off the stalk end and empty out the seeds, boil for about ten minutes in salted water, and then fill them with scrambled eggs; serve them upside down with a glazed slice of truffles on each, and Madeira sauce on the dish.

*au Hareng saur—with Smoked Herring.*

Skinned and boned smoked herring cut into small pieces, tossed in butter for a few minutes, and mixed with the eggs.

*aux Huîtres—with Oysters.*

The bearded oysters are cooked with a little of their own gravy; when cooked, cream sauce is added in proportion and dished up in the centre of the eggs.

Or, the soft part of the oysters are cut into squares and cooked, the liquid strained and the oysters mixed with the eggs.

*au Jambon—with Ham.*

Ham cut in small cubes, fried in butter and mixed with eggs.

*au Jus—with Gravy.*

Eggs served on toast, surrounded with good veal gravy.

## Oeufs Brouillés—Scrambled Eggs

*à la Livingstone—Livingstone.*

Eggs on toast spread with purée of goose liver, or paté de foie gras.

*à la Lyonnaise—Lyonese Style.*

Onions minced finely, smothered in butter and mixed with the eggs.

*à la Marseillaise—Marseille Style.*

Tomatoes cooked in olive oil, mixed with scrambled eggs, which, previously to being cooked, were beaten in a bowl rubbed with garlic.

*à la Montglas—Montglas Style.*

Truffles, mushrooms, cooked breast of chicken and smoked beeftongue, cut in small squares, stewed for a few minutes in well reduced Madeira sauce, dished up in the centre of the eggs.

*à la Mornay—Mornay Style.*

Mushrooms and shrimps cut in dice, mixed with eggs.

*à la Offenbach—Offenbach Style.*

Tunny, crayfish tails and anchovies cut in small squares mixed with the eggs, garnished with small puff-paste crusts filled with thick tomato purée.

*aux Oignons—with Onions.*

Eggs mixed with chopped onions previously smothered in butter.

## Oeufs Brouillés—Scrambled Eggs

### *à la Orientale—Oriental Style.*

Eggs cooked with anchovy butter dished up over tomatoes cut in halves and baked in the oven.

### *au Pain—with Bread.*

Small squares of fried white bread, mixed with the eggs. (In German-Switzerland this dish is called *Vogelheiu*.)

### *au Parmesan—with Parmesan Cheese.*

Scrambled eggs mixed with grated Parmesan cheese.

### *aux Petit Pois—with Green Peas.*

Green peas mixed with the eggs.

### *au Petit Salé Fumé—with Bacon.*

Thin rashers of bacon cut in small strips, fried and mixed with the eggs; or, the bacon may be broiled and served as garnishing around the eggs.

### *aux Piments Verts—with Green Peppers.*

Chopped green peppers cooked in butter and mixed with the eggs.

### *aux Pointes d'Asperges—with Asparagus Tips.*

Cooked asparagus tips cut small and mixed with the eggs.

### *à la Princesse—Princess Style.*

Scrambled eggs with truffles, served in crusts made of puff-paste; a little veal gravy served over the eggs.

## Oeufs Brouillés—Scrambled Eggs

*à la Provençale—Provencian Style.*

Onions and tomatoes smothered in oil, mixed with the eggs, and garnished with small stuffed mushrooms.

*à la Purée de Celeri—with Purée of Celery.*

Eggs mixed with purée of celery.

*à la Reine—Queen Style.*

Cooked breast of chicken and truffles cut in very small cubes, mixed with the eggs. Hard eggs are hollowed, heated in salted water and filled up with the scrambled eggs; served on cream sauce.

*à la Ribot—Ribot Style.*

Firm fresh tomatoes are scooped out with the vegetable spoon, seasoned and cooked in the oven, then filled up with scrambled eggs, covered with a nice slice of truffle glazed over, and set on light cream sauce.

*à la Café Riche—Café Riche Style.*

Eggs with lobster and truffles cut in cubes, served on toast; tomato sauce finished with lobster butter on the dish.

*au Ris de Veau—with Sweetbread.*

Sweetbread, previously parboiled, is cut in dices and cooked in butter; it may be mixed thus with the eggs, or either brown or white sauce may be added; if this is done the sweetbread must be dished up in the centre of the eggs.



## Oeufs Brouillés—Scrambled Eggs

### *aux Rognons—with Kidneys.*

Veal or lamb kidneys, cut in cubes, cooked in very hot butter over a brisk fire. When sufficiently cooked they are put into a well reduced Madeira sauce and dished up in the centre of the eggs. The kidneys should not be allowed to boil in the sauce, nor should they be overdone lest they become tough and indigestible.

### *aux Rognons et Champignons—with Kidneys and Mushrooms.*

Same as above with the addition of mushrooms.

### *au Saumon Fumé—with Smoked Salmon.*

Smoked salmon cut into thin strips, cooked in butter for a few minutes and mixed with the eggs.

### *à la Suisse—Swiss Style.*

Gruyère cheese cut in small cubes, mixed with the eggs when they are done.

### *aux Tomatoes—with Tomatoes.*

Fresh tomatoes are peeled and the seeds pressed out, then cut in small pieces and cooked with butter and mixed with the eggs.

## Oeufs Brouillés—Scrambled Eggs

*aux Truffles—with Truffles.*

These can be served like scrambled eggs with mushrooms, either with or without sauce; truffles are cut into cubes, and if served with sauce, put into Madeira sauce and dished up in the centre of the eggs; the other way the truffles are mixed with the eggs, and nice slices of glazed truffles are laid on top of them.

*à l'Union Club—Union Club Style.*

*Pimentos morrones*, or red sweet peppers, are heated in salt water and filled up with scrambled eggs and truffles; Madeira sauce on the dish.



## Shirred Eggs (Oeufs sur le plat)— Eggs au Miroir.

MANY persons have asked the writer what the difference is between *shirred eggs* and *eggs au miroir*. According to the modern school of cookery, the difference is as follows: *shirred eggs* are cooked in a small china dish, especially made for the purpose, and are served therein; while *eggs au miroir* are also cooked in the same kind of dish, but when done they are cut with a round paste cutter, and served either on toast, crusts, or the garnishing directly. These are the teachings of the overrefined modern school. In the good old days no difference was made between a *shirred egg* and an *egg au miroir*.

In cooking *shirred eggs*, butter the dish lightly, break into it either three or four eggs, pour hot melted butter over the yolks, and cook in a slow oven for a few minutes, until the yolk looks as though it was covered with a veil.

The seasoning of eggs, if no sauce accompanies them, should be left to the eater, as salt and pepper destroy the beauty of a well cooked egg.

The following description of garnishings can be adapted to either shirred eggs on the dish directly, or eggs cut out and served on toasts.

## Shirred Eggs (Oeufs sur le Plat)—Oeufs au Miroir

*à l'aigre doux—with Sweet-Sour Sauce.*

(See poached eggs.)

*à l'Alsacienne—Alsatian Style.*

Slices of boiled salt pork on the dish, grated Gruyère cheese sprinkled over; eggs broken on top covered with a little thick cream and cooked for a few minutes in a slow oven.

*aux Anchois—with Anchovies.*

Chopped anchovies on the dish, eggs over them.

*à l'Anglaise—English Fashion.*

Broiled strips of bacon on the dish, eggs over them, or the eggs may be cooked plain and the bacon served on top.

*à la Bayonnaise—Bayonne Style.*

Slices of ham on the dish, eggs on top; when cooked cover with tomato sauce.

*à la Bercy—Bercy.*

Eggs cooked plain, garnished with small sausages and tomato sauce.

*au Beurre noir—with brown (black) Butter.*

Eggs cooked plain, brown butter poured over.  
*Brown Butter*: put two ounces of butter in a frying-pan, turn the latter gently until the butter becomes brown, then add a tablespoonful of vinegar.

## Shirred Eggs (Oeufs sur le Plat)—Oeufs au Miroir

*aux Champignons—with Mushrooms.*

Eggs cooked plain, garnished with mushrooms cut in squares and stewed in Madeira sauce.

*à la Chipolata—Chipolata.*

Eggs cooked plain, garnished with chestnuts cooked in broth, glazed small onions, small sausages, and Madeira sauce.

*à la Colbert—Colbert.*

Eggs cooked plain, covered with Colbert sauce.

*à la Crème—with Cream.*

Good thick cream on the dish, eggs broken into the same, and cooked in a slow oven.

*à la Créole—Créole Style.*

Ham cut in small squares, onions, green peppers and mushrooms sliced and all smothered in butter, fresh tomatoes peeled, squeezed and cut in quarters, and a little beef extract are added, and the whole cooked for 15 minutes; put this on the dish, break the eggs over it, and cook in a slow oven.

*à la Derby—Derby.*

Eggs cooked plain, garnished with fat goose liver, and mushrooms cut in squares, with brown sauce.

## Shirred Eggs (Oeufs sur le Plat)—Oeufs au Miroir

*à la Diable—Deviled.*

Eggs cooked plain, deviled sauce poured over.

*à l'Etudiante—Student's Fashion.*

Eggs cooked plain, garnished with stewed kidneys and truffles in thick tomato sauce.

*à la Fermière—Farmer's Fashion.*

Eggs cooked plain, garnished with chicken livers stewed with onions and mushrooms.

*à la Gouffé—Gouffé.*

Same as *à la Crème*, with the addition of grated Parmesan cheese.

*au Jambon ou Lard—with Ham or Bacon.*

Fried or broiled slices of ham or bacon on the buttered dish, eggs broken on top, and cooked in a slow oven.

*à la Jockey Club—Jockey Club Style.*

Eggs cooked plain, garnished with veal kidneys, mushrooms, and truffles cut in squares and stewed in Madeira sauce.

*à la Jules Janin—Jules Janin.*

Eggs on slices of fat goose liver with tomato sauce.

*au Jus—with Gravy.*

Eggs cooked plain, with rich gravy poured over when done.

## Shirred Eggs (Oeufs sur le Plat)—Oeufs au Miroir

*à la Lorraine—Lorraine Fashion.*

Same as *à la Crème*, with the addition of chives and grated cheese.

*à la Meyerbeer—Meyerbeer.*

Eggs cooked plain, with broiled lamb's kidneys and truffle sauce.

*à la Montagnarde—Mountaineer's Fashion.*

Eggs garnished with stewed veal, kidneys, mushrooms, and small sausages in Madeira sauce.

*à la Montargis—Montargis.*

Eggs around a ragoût of shredded chicken livers (previously cooked), mushrooms, and beef tongue, mixed with thick cream sauce, besprinkled with cheese and gratinated; when done a little tomato sauce is poured around the eggs.

*à la Mousquetaire—Musketeer Fashion.*

Eggs garnished with finely sliced lamb's kidneys and onions in cream.

*à la Négus—Négus.*

Eggs garnished with small chicken or game croquettes and truffle sauce.

*aux Oignons—with Onions.*

Sliced onions smothered in butter are put on the dish, or the eggs are cooked plain and onion sauce is served with them.

## Shirred Eggs (Oeufs sur le Plat)—Oeufs au Miroir

### *à la Omer Pacha—Omer Pacha.*

Sliced onions and quartered tomatoes cooked together in butter are put on the egg dish, the eggs broken on top, and cooked in a slow oven.

### *au Parmesan—with Parmesan Cheese.*

The grated cheese is strewn on the buttered egg dish and also some over the eggs, and then cooked in a slow oven.

### *à la Provençale—Provencial Fashion.*

Eggs garnished with halves of tomatoes cooked in oil.

### *à la Reine—Queen Style.*

Eggs garnished with breast of chicken, mushrooms and truffles cut in small squares and stewed in cream.

### *à la Rossini—Rossini.*

Eggs garnished with slices of fat goose liver and truffle sauce.

### *aux Sardines—with Sardines.*

Sardines are skinned, split and boned and put on the dish, the eggs broken on top, and cooked in a slow oven.

### *aux Saucisses—with Sausages.*

Eggs cooked plain, garnished with small sausages.



## Shirred Eggs (Oeufs sur le Plat)—Oeufs au Miroir

*aux Tomates—with Tomatoes.*

Eggs garnished with tomatoes stewed in butter.

*à la Turbigo—Turbigo.*

Eggs garnished with small broiled sausages and Bordelaise sauce.

*à la Vénitienne.*

Anchovies and sweet peppers are cut in small squares, mixed with tomatoes stewed in butter and put on the dish; eggs broken on top and cooked in a slow oven.



## Fried Eggs.

THERE are two distinctly different methods of frying eggs, one of which may be termed the French, and the other the English or American method.

The French cook includes under the head of frying, anything that is immersed and cooked in very hot fat, either oil, lard or butter; while the English and American cooks apply the term to anything that is cooked with the aid of a fatty substance. A French cook, to whom the English or American customs are unknown, will, therefore, when asked to serve a fried egg, plunge the egg into a large quantity of fat, similar to the way eggs are poached in water. The English or American cook would simply melt a little butter in a frying-pan, break the eggs into it, and cook them only on one side; or, as many do, when cooking ham, or bacon and eggs, cook the meat first and then fry the eggs in the remaining fat.

In addition to those two ways, poached eggs or eggs *mollet* can also be fried; they simply need to be breaded with beaten eggs and bread crumbs, and then be immersed in some hot fatty substance.

It lies with the cook, or the consumer, to have the eggs fried just as his taste directs. The gar-

nishings described later on can, with few exceptions, be adapted to any way in which eggs are fried.

#### RECIPES FOR FRYING EGGS.

First or French method: Put a half pint of olive oil, lard or clarified butter into a frying-pan and place over a good fire; when hot, break gently one by one (without bursting the yolk) into the pan; with a wooden spoon turn the white gently over the yolk, so as to envelop the latter. When sufficiently cooked, take the egg out with a skimmer, and put it on a napkin so that the latter may absorb all the fat, then turn the egg, and place over the garnishing. It is always best to fry only one egg at a time.

Second method: Melt one ounce of butter in a frying-pan, and when it begins to hiss break into it, gently, three or four eggs, scald the yolk with a little hot melted butter, and cook in a slow oven for two or three minutes.

The second method is the one most commonly followed by our domestic cooks. Many persons, who have an aversion to fried food, can eat eggs fried in this way, when it would be impossible for them to do so if the eggs were fried according to the first, or French method.

## Fried Eggs—Oeufs Frits

*à la Anglaise—English Fashion.*

Eggs on fried or broiled ham or bacon.

*à la Bayonnaise—Bayonne Fashion.*

Eggs on broiled Bayonne ham, tomato sauce over the ham.

*à la Béranger—Béranger.*

Artichoke bottoms covered with stewed tomatoes, an egg fried in oil on each artichoke and between each egg a small slice of broiled ham.

*à la Bordelaise—Bordeaux Fashion.*

Eggs on Bordeaux sauce garnished with marrow and mushrooms.

*à la Condé—Condé.*

Eggs on a purée prepared of  $\frac{2}{3}$  haricots, beans, and  $\frac{1}{3}$  spinach; broiled ham as garnishing.

*à la Créole—Créole Style.*

Eggs on sauce as prepared for "*Shirred Eggs à la Créole.*"

*à l'Espagnole—Spanish Style.*

Slices of bread are dipped in beaten egg and fried in oil, the ham also fried in oil is put on the bread, the eggs on the ham; tomato sauce is poured over the whole.

*aux Epinards—with Spinach.*

Eggs served on a bed of chopped spinach.

**Fried Eggs—Oeufs Frits**

*à l'huile—in Oil.*

Eggs fried in oil.

*au Jambou—with Ham.*

Eggs served on ham.

*à la Jules Janin—Jules Janin.*

Eggs on Paté de foie gras toast; tomato sauce poured over.

*à la Provençale—Provencial Fashion.*

Egg fried in oil, served on halves of tomatoes baked in the oven; tomato sauce with a supçon of garlic on the dish.

*à la Réforme—Reform.*

Eggs fried in oil served on a garnishing of shredded truffles, mushrooms, beef tongue, gherkins and the white of a hard boiled egg, stewed in brown sauce mixed with a little red currant jelly.

**Fried Poached Eggs—Oeufs Pochés, Frits**

*à la Cécile—Cecil.*

Poached eggs dipped into beaten eggs and fresh bread crumbs, then plunged into very hot fat for one minute and a half; tomato sauce finished with lobster butter served separate.

*à la Colbert—Colbert.*

Eggs cooked as above, served with Colbert sauce.

**Fried Poached Eggs—Oeufs Pochés, Frits**

*à la Montebello—Montebello.*

Eggs prepared as "*à la Cécile*;" Bearnaise sauce mixed with purée of tomatoes served separate.

*à la Villeroi—Villeroi.*

Poached eggs coated with Villeroi sauce. When very cold they are rolled into fresh bread crumbs and then dipped in beaten eggs, rolled once more in bread crumbs and then fried in very hot fat; served with tomato or Bearnaise sauce.

*Villeroi Sauce:* Reduce some velouté sauce with rich veal stock and some cream, until of good consistency, thicken with a few egg yolks and pass through a sauce towel; when cold use for the eggs. Villeroi sauce must be gelatinous or else it will not become firm when cold; we therefore recommend the use of veal stock.



## Eggs in Cocottes or Cases.

THE preparation of eggs in *cocottes*, or in cases, is entirely the same, the difference being merely in the *cocottes* or cases themselves. *Cocottes* have, generally, the shape of a small saucepan, deep enough to contain one egg and the garnishing. They are made of porcelain, and have a handle attached; however, there are some of different shapes and designs. Cases are made either of paper or porcelain; if the former are used they should be slightly oiled on the outside, and dried for a few minutes in a slow oven. This is done to make them resist the humidity. To handle cases easier when serving them to guests, they should be put in silver stands similar to those in which the glasses containing soda water are served.

Eggs cooked in china cases, or *cocottes*, should be put in a pan surrounded with water; they require to be in the oven from six to ten minutes, according to the heat and the preparation.

In many recipes the *cocottes*, or cases, are lined with a coating of forcemeat; and these certainly require longer time to cook than those where only a garnishing is laid on the bottom.

## Eggs in Cocottes—Oeufs en Cocottes

### *à la Bedford—Bedford.*

The cocottes are lined with liver forcemeat leaving a hollow space in the centre in which the raw egg is broken; they are cooked in the oven for eight to ten minutes, and before serving, besprinkled with chopped beeftongue and truffles.

### *à la Cherbourg—Cherbourg Style.*

The cocottes are lined with fine fish forcemeat and mixed with chopped truffles and lobster, the eggs are put in the centre and cooked in the oven; when done a little tomato sauce is poured on the top.

### *à la Crème au Gratin—Baked in Cream.*

A spoonful of thick cream is put on the bottom of the cocotte, the egg broken into it, seasoned with salt and pepper, and covered with more cream, and then cooked in the oven from six to eight minutes.

### *à la Créole—Créole Style.*

See Shirred Eggs *à la Créole*.

### *aux Fines Herbes Cuites—with Cooked Fine Herbs.*

Chopped shallots and mushrooms are cooked in butter, when done a little chopped parsley and chervil is added, this is put on the bottom of the cocottes, the eggs broken on top and cooked in the oven; when done a little rich gravy may be poured over the eggs.



## Eggs in Cocottes—Oeufs en Cocottes

### *à la Gouffé—Gouffé.*

Same as "*Cocottes à la Crème au Gratin*;" instead of sweet cream sour cream is used, and the eggs besprinkled with grated cheese.

### *à l'Italienne—Italian Style.*

Chopped shallots, onions and mushrooms are cooked in butter and reduced with white wine, half brown and half tomato sauce is added and cooked for a while; this sauce is put on the bottom of the cocottes, the eggs on top and cooked in the oven for six or seven minutes.

### *à la Léontine—Leontine.*

Cocottes are lined with fish forcemeat mixed with crayfish tails and truffles cut in small squares, eggs broken into the centre, cooked in the oven, and when done covered with tomato sauce.

### *à la Marly—Marly.*

Two spoonfuls each of chopped crayfish tails or lobster, chopped mushrooms and bread-crumbs are mixed with one ounce of butter and two yolks of eggs so as to form a smooth paste, season well, and with this line some cocottes and break an egg into the centre of each; cook in the oven and cover with a little cream sauce before serving.

## Eggs in Cocottes—Oeufs en Cocottes

### *à la Reine—Queen's Fashion.*

Breast of cooked chicken, mushrooms and truffles are cut into small squares, mixed with cream sauce and put on the bottom of the cocottes, the eggs on top; cooked in the oven for six to seven minutes.

### *à la Victoria—Victoria.*

Lobster, mushrooms and truffles cut into small squares are mixed with cream sauce finished with lobster butter; this is put on the bottom of the cocottes, eggs on top and cooked in the oven; when done covered with tomato sauce.

## Eggs in Cases—Oeufs en Caisses

### *à la Bonnefemme—Bonnefemme.*

Prepare a paste of two spoonfuls each of fresh bread crumbs and cooked fine herbs, two yolks of eggs and one ounce of butter; line the cases with this mixture, leaving a hollow space in the centre, break one egg into each and cook in the oven from eight to ten minutes; when done garnish with finely-cut anchovy fillets.

### *à la Carola—Carola.*

Cases are lined with cream chicken force-meat mixed with shredded mushrooms and beef-tongue, the eggs broken into the centre and cooked in the oven; when done they are besprinkled with chopped truffles.

## Eggs in Cases—Oeufs en Caisses

### *à la Colbert—Colbert.*

The cases are lined with chicken forcemeat mixed with chopped truffles, the eggs put in the centre and cooked in the oven; when done covered with Colbert sauce.

### *aux Crevettes—with Shrimps.*

Shrimps cut in squares and stewed in cream are put on the bottom of the cases and the eggs on top; cooked from six to eight minutes.

### *à la Czarine—Czarina Style.*

Cases lined with game forcemeat and chopped truffles, eggs in the centre; when cooked covered with brown sauce reduced with game stock.

### *aux Ecrevisses—with Crayfish.*

Prepared in the same manner as "*with Shrimps.*"

### *à la Edison—Edison.*

Cases lined with chicken forcemeat mixed with purée of goose liver; on the bottom of the case comes a layer of brown truffle sauce, the egg on top of it and covered with the rest of the forcemeat; cooked in a slow oven; when done glazed over with beef extract.

## Eggs in Cases—Oeufs en Caisses

### *aux Huitres—with Oysters.*

The soft part of oysters is cut in two and stewed in cream sauce; this is put on the bottom of the cases, the egg broken over it and cooked in the oven.

### *à la Jaurés—Jaurés.*

Ham, truffles and crayfish tails cut in small squares, stewed in Madeira sauce, put on the bottom of the cases, eggs over it and covered with a little lobster butter; when cooked a glazed slice of truffle is laid on each egg.

### *à la Lorraine—Lorraine Style.*

Eggs in cream mixed with grated cheese and chives.

### *à la Lucullus—Lucullus.*

Purée of foie-gras mixed with chopped truffles on the bottom of the cases, eggs broken on top, and when cooked covered with Madeira sauce.

### *à la Marignan—Marignan.*

The cases are lined with chicken forcemeat mixed with chopped mushrooms, fresh bread crumbs, yolks of eggs and butter; eggs are put in the centre, and when done besprinkled with chopped beeftongue and truffles.

## Eggs in Cases—Oeufs en Caisses

### *à la Monte Carlo—Monte Carlo Style.*

Chopped truffles and mushrooms mixed with a little beef extract put on the bottom of the cases, eggs broken on top, and when cooked covered with slices of truffles glazed over.

### *à la Montfort—Montfort.*

The cases are lined with fish forcemeat mixed with chopped lobster, eggs broken into the centre, and when cooked covered with lobster sauce.

### *à la purée de Tomate—with purée of Tomatoes.*

The eggs are broken on a layer of purée of tomatoes, and when cooked covered with another layer of the same purée.

### *au Ris de Veau—with Sweetbread.*

Sweetbread cut in squares and stewed in cream put on the bottom of the cases, eggs on top, and when done covered with a little cream sauce.

### *aux Truffles—with Truffles.*

Truffles cut in squares mixed with Madeira sauce put on the bottom of the cases, eggs on top, and when done covered with a slice of truffle glazed over.

### *à la Vatel—Vatel.*

Sweetbread and truffles cut in squares mixed with purée of tomatoes; eggs broken on top and covered with thick cream; besprinkle with breadcrumbs and cook in the oven.

## Eggs Moulded in Timbales.

THE term *timbale*, in cookery, is applied to anything having the shape of a small goblet; the meaning, however, has been greatly extended in the course of time, so much so, indeed, that many moulds of different shapes are termed *timbales*.

The preparation of eggs moulded in *timbales* requires the same treatment as for eggs in *cocottes*, or eggs in cases, with this difference only, that they are not served in moulds, but are turned out upon the dish or plate, retaining the form of the mould.

Eggs prepared in this manner should always be cooked in the bain-marie or water bath.

### Eggs Moulded in Timbales—Oeufs Moulés en Timbales

*à l'Arléquin—Harlequin Fashion.*

Buttered timbale moulds are besprinkled with chopped beef-tongue, truffles and parsley, and then lined with a thin layer of chicken forcemeat, an egg broken in the centre, and cooked in the oven from six to eight minutes; served on tomato sauce.

## Eggs Moulded in Timbales—Oeufs Moulés en Timbales

### *à la Cardinal—Cardinal Style.*

Buttered timbale moulds besprinkled with chopped lobster coral, an egg broken in each, and cooked for six minutes; served with lobster sauce.

### *à la Colbert—Colbert.*

Buttered timbale moulds, fancifully decorated with truffles, are lined with a thin layer of chicken forcemeat; eggs in the centre; cooked as usual and served with Colbert sauce.

### *à la Comtesse—Countess Fashion.*

Timbale moulds are lined as *à la Colbert*, and filled with scrambled eggs with asparagus tips, cooked just long enough until the forcemeat is done; served on velouté cream sauce.

### *à la Coquelicot—Coquelicot.*

Parboiled sweet red peppers are put into buttered timbale moulds so that they adopt the shape of the mould, eggs broken into them and cooked as usual; served with cream sauce.

### *à la Henri IV.—Henry IV.*

Eggs cooked in moulds and served with Bernaise sauce.

## Eggs Moulded in Timbales—Oeufs Moulés en Timbales

*à la Maintenon—Maintenon.*

Moulds besprinkled with chopped beef-tongue, truffles and parsley; eggs cooked as usual; served with truffle sauce.

*à la Maréchale—Maréchale.*

Timbale moulds buttered with anchovy butter, one egg and the yolk of one egg put in each mould, cooked very soft and served with anchovy sauce.

*à la Polignac—Polignac.*

Timbale moulds besprinkled with chopped truffles; eggs cooked as usual; served with Hollandaise sauce.

*à la purée d'Asperges—with purée of Asparagus.*

*à la purée de Marron—with purée of Chestnuts.*

*à la purée de Tomates—with purée of Tomatoes.*

Eggs moulded in timbales can be served with a great variety of purées; the moulds can be decorated according to the eaters or the cook's own taste.

The purée is served under the eggs.

*à la Scobeleff—Scobeleff.*

Eggs cooked in moulds and served with rich taragon gravy.



## Hard Eggs.      Stuffed Eggs.

### Cold Eggs.

IN order that eggs should be properly hard boiled, they should be put into boiling water and allowed to remain there ten minutes, and then cooled off in cold water. If cooked longer than ten minutes the yolk will acquire a blackish tint, and the white will exhale a disagreeable odor. A peculiar fact, which few persons are aware of, is that eggs which are cooked and cooled off, and then prove to be not sufficiently done, cannot be cooked any more if put back again into the boiling water. Hard boiled eggs can be kept a long time without decomposing, and they are therefore a very handy article of food for travelers.

Stuffed eggs are usually prepared from hard eggs; the yolk is taken out and mixed with some sauce and other ingredients, and then put back into the egg.

Eggs cooked in any style can be eaten when cold, though hard boiled eggs are most commonly eaten in that way.

## Hard Eggs—Oeufs Durs

### *à l' Aurore—Aurora.*

Hard eggs, of which the yolk is retained, are cut in slices and mixed with cream sauce, put into a dish and besprinkled with the yolks which are squeezed through a wire sieve, and some melted butter; put in the oven for a few minutes and served before they are browned too much.

### *à la Béchamel—Béchamel.*

Hard eggs cut lengthwise in four; cream sauce poured over and gratinated.

### *à la Bernardine—Bernardine.*

Hard eggs cut in slices and covered with cray-fish sauce mixed with purée of onions.

### *à la Chicorée—with Chicory.*

Hard eggs cut in quarters, served on a bed of chicory, surrounded with rich gravy.

### *En Coquille—in Shells.*

Most of the different styles in which hard eggs are cooked can be served in shells; this way of serving them is especially recommendable to facilitate the service.

### *à la Dreux—Dreux.*

Sliced hard boiled eggs mixed with cream sauce and garnished with sliced truffles, mushrooms and ham, put in shells and gratinated.

## Hard Eggs—Oeufs Durs

### *aux Epinards—with Spinach.*

Hard eggs cut lengthwise in quarters on a bed of chopped spinach surrounded with rich gravy.

### *à la Hongroise—Hungarian Fashion.*

Same as "*Eggs à la Tripe*," with the addition of fine herbs and Paprika pepper.

### *à l'Indienne—Indian Style.*

Eggs cut in halves on a bed of boiled rice surrounded with cream curry sauce.

### *à la Maître d'Hôtel—Maître d'Hôtel.*

Hard eggs cut in slices arranged on a dish and covered with maître d'hôtel butter.

### *à la Mathurin—Mathurin.*

Hard eggs cut in slices, arranged on a dish by layers, alternated with the soft part of oysters cooked in white wine, and sliced onions smothered in butter and mixed with matelote sauce.

### *à la Norfolk—Norfolk Fashion.*

Hard eggs cut lengthwise in halves, dipped into beaten eggs and rolled in fresh bread crumbs, fried in hot fat and served with piquant sauce.

### *aux Nouilles à la Italienne—with Noodles, Italian Fashion.*

Border of noodles with hard eggs cut in quarters and covered with tomato sauce in the centre.

## Hard Eggs—Oeufs Durs

*à l'Oseille—with Sorrel.*

Eggs cut in quarters on a bed of sorrel surrounded with rich gravy.

*a la Religieuse—Nun's Fashion.*

Hard eggs cut in slices, covered with butter mixed with cheese and lightly gratinated.

*à la Robert—Robert.*

Hard eggs cut in quarters with onions and mustard sauce.

*à la Soubise—Soubise.*

Eggs cut in quarters served with cream onion purée.

*à la Tripe—as Tripe.*

Minced onions are lightly smothered in butter and mixed with cream sauce; hard eggs cut in slices added to it and heated without boiling.

## Stuffed Eggs (hard)—Oeufs Farcis

*à l'Allemande—German Fashion.*

Eggs cut in halves, the yolk taken out and mixed with a stuffing\* prepared with bread soaked in milk; two whole eggs and the yolk of three raw ones, seasoned with pepper, salt, and nutmeg; the eggs are stuffed with this mixture, the rest is diluted with cream and put on a dish, the eggs on top, besprinkled with bread crumbs and melted butter and baked in the oven.

**Stuffed Eggs (hard)—Oeufs Farcis***à la d'Annécý—d'Annécý.*

Eggs cut in halves, the yolks cut up and mixed with chopped onions and mushrooms previously cooked in butter, some raw yolk of egg is added, and the mixture put back in the eggs and gratinated; serve with cream sauce.

*à la Bennet—Bennet.*

Eggs cut in halves or in the shape of a barrel, the yolk taken out and mixed with chopped anchovies, fine herbs and some cream sauce; the eggs are filled with this and put on a shirred egg dish, besprinkled with bread crumbs and melted butter; baked in the oven.

*à la Carmelite—Carmelite.*

Eggs stuffed with onions, parsely, sorrel, and the chopped yolks, baked in the oven.

*aux Champignons—with Mushrooms.*

Mushrooms cut in small squares, mixed with the chopped yolks of eggs and some white sauce; the eggs stuffed with this mixture, dipped in beaten eggs and rolled in bread crumbs and fried in hot fat.

*à la Chasseur—Hunter's Fashion.*

Eggs stuffed with game forcemeat; served with brown sauce.

**Stuffed Eggs (hard)—Oeufs Farcis***à la Comtesse—Countess Style.*

Eggs cut lengthwise in halves, the yolk taken out and pounded with cooked chicken, some butter and a little cream sauce; baked in the oven, and served over a purée of cauliflower.

*à la Constance—Constance.*

Eggs stuffed with chicken, ham and mushrooms cut in small cubes, mixed with the chopped yolk and some cream sauce; gratinated and served with cream sauce.

*à la Dauphine—Dauphine.*

Eggs stuffed with chicken, and the yolks of eggs pounded together with cream sauce, baked in the oven; served with Maderia sauce.

*aux Epinards—with Spinach.*

Eggs cut in barrel shape, the yolk taken out, filled with spinach, a round slice of beef-tongue of the same circumference as the egg is placed on top of each; served with a rich gravy.

*à la Fédora—Fédora.*

Eggs stuffed with a purée of gooseliver mixed with the chopped yolk served with truffle sauce.

**Stuffed Eggs (hard)—Oeufs Farcis***à la Garfield—Garfield.*

Eggs stuffed with forcemeat made of cooked chicken, ham and the yolk of eggs mixed with cream sauce, dipped in beaten egg, rolled in bread crumbs and fried in hot fat; served with piquant sauce.

*aux Huîtres—with Oysters.*

Soft part of oysters cut in four, cooked with white wine, mixed with cream sauce and the chopped yolks of eggs. Eggs stuffed with this, besprinkled with bread crumbs and melted butter and then gratinated.

*à l'Indienne—Indian Style.*

Eggs stuffed with curried rice mixed with the chopped yolk and cream sauce.

*à l'Italienne—Italian Fashion.*

Eggs cut lengthwise into halves, stuffed with shallots, mushrooms and fine herbs cooked in butter and mixed with the chopped yolks of eggs, dipped in beaten eggs rolled in bread crumbs, fried in hot fat and served with tomato sauce.

## Cold Eggs—Oeufs Froids

*En Aspic—in Jelly.*

Jelly may be obtained from many different materials, but what is most commonly used nowadays, and which fully covers the purpose is prepared gelatine. Science has given ample proof that jelly contains no substantial nutriment even if made exclusively with calf's feet. Prepare with one pint of good stock and with one ounce of *Keystone Silver White Gelatine*, some jelly well seasoned and perfumed with half glass each of Maderia and white wine, fine herbs, spices, etc. Put some tartelet or small oval pudding moulds on ice, and with a round soft brush apply some of the cold though not stiffened jelly; after a coating of one-eighth of an inch of jelly is applied, decorate it to your fancy with ham, beef-tongue, truffles, green peas, white of hard boiled egg, gherkins, tarragon leaves, chervil, lobster coral, etc. Have some hard boiled eggs peeled and cut lengthwise into halves, lay half of an egg in each pan and fill up by degrees with the remaining jelly; leave stand until quite firm; dip the moulds into warm water and turn out its contents on a dish. Egg mollet, or poached eggs, may be used instead of the hard boiled, or in place of using small moulds one large one may be employed.

*En Belle-vue—in Belle-vue.*

Same as the above.



## Cold Eggs—Oeufs Froids

*au Beurre d'Anchois—with Anchovy Butter.*

Eggs cut lengthwise into halves put on oval shaped toasts and decorated with anchovy butter.

*au Beurre de Montpellier—with Montpellier Butter.*

Same as the aforesaid; instead of anchovy butter use butter pounded with parsley, tarragon, chervil, chives, capers, gherkins and some yolks of hard boiled eggs passed through a fine hair sieve; if not green enough, color with spinach green or Breton coloring.

*à la Boulonaise—Boulogne Style.*

Egg mollet dished around a salad prepared of cauliflower, crayfish, crabmeat, mussels, well seasoned with French mustard and fine herbs.

*à la Cumberland—Cumberland.*

Equal quantities of cooked chicken breast, ham, paté de foie gras and fresh grated Parmesan cheese pounded together and passed through a fine sieve; put some of this forcemeat on oval shaped slices of toast and place on each part of an egg cut lengthwise into half, and then cut in slices; between each slice put some finely cut beeftongue and gherkins, and decorate with jelly.

*à la Danoise—Danish Fashion.*

Eggs cut lengthwise into halves, filled with lobster salad covered with Mayonaise sauce and decorated.

## Cold Eggs—Oeufs Froids

*à l'Estragon—with Tarragon.*

Eggs cut lengthwise into halves, decorated with parboiled tarragon leaves and covered with jelly flavored with tarragon.

*à la Justine—Justine.*

Eggs cut lengthwise into halves scooped out and stuffed with a purée of pheasant mixed with whipped cream and covered with Chamfroid sauce, reduced with game stock; when cold decorate with truffles and gherkins.

*Marinés—Pickled.*

Hard eggs peeled and put into a jar; boiling vinegar flavored with spices and fine herbs poured over; ready for use in three or four days.

*à la Mayonaise—with Mayonaise.*

Hard eggs sliced and covered with Mayonaise sauce.

*à la Mentonnaise—Menton Style.*

Eggs cut lengthwise into halves, the yolk taken out chopped with anchovies and capers. Eggs are filled with this stuffing and a slice of tunny laid on each; decorated with jelly.

*à la Moscovite—Moscow Style.*

Eggs stuffed with Russian salad.

## Cold Eggs—Oeufs Froids

### *à la Norvégienne—Norwegian Fashion.*

Eggs cut lengthwise into halves, yolks chopped with anchovies; white part of the eggs filled with this stuffing and decorated with stuffed olives and anchovies cut in strips.

### *à la Polonaise—Polish Style.*

Egg filled with salad prepared of lobster, pickled oysters, and gherkins mixed with Mayonaise sauce.

### *à la Russe—Russian Style.*

Eggs cut lengthwise into halves, the yolks scooped out, white part stuffed with caviare, and decorated with strips of anchovies and the chopped yolks.

### *en Salade—Salad.*

Hard eggs cut lengthwise into quarters seasoned with salt, pepper, vinegar, and oil, dressed on nice leaves of lettuce, and before serving besprinkle with fine herbs.

### *en Sandwich—Sandwich.*

Buttered slices of bread with eggs cut in slices between.

Any variety of egg sandwiches can be served, using Mayonaise or anchovy butter for moistening the bread, adding watercress, lettuce leaves, fine herbs, etc., to the eggs.

### *à la Strassbourgeoise—Strassbourg Style.*

Eggs filled with purée of paté de foie gras and served on Madeira jelly.

## Omelet.

**B**RILLAT SAVARIN remarked very justly that, for an omelet to be excellent, it should never be made of more than twelve eggs. The writer goes still further, and says that, not more than eight eggs—and if the cook is not an adept in his profession, not more than six—should be used, as the production of an omelet, worthy of the name, is more difficult than many persons suppose, or than some are willing to admit.

Three most important rules are to be followed in the preparation of an omelet.

First: the omelet pan must be extremely clean, and never used for any other purpose. When not in use, it should always be left a little greasy; neither water nor any other liquid should ever come in contact with it. To clean the pan it should be slightly heated, and then rubbed with fine kitchen salt and a coarse towel, care being taken that the pan never becomes red-hot, as otherwise it is liable to become rough.

Second: the eggs should be well beaten. Cooks who have a reputation for exactness of method, strain the eggs through a towel or a strainer, which gives the most satisfactory result, as the whites and the yolks become well mixed, and the omelet, when cooked, will not show those little white

spots which are so often seen in omelets, and which prove either the ignorance of the cook or his negligence in the preparation of them.

Third: an omelet must always be cooked over a brisk fire; and here is where the ability of the cook is fully tested, as the quicker the omelet is made the better it is.

Some cooks take pride in cooking omelets without stirring the eggs with a fork or a spoon, and it is true that some may succeed in this way; but, as a rule such omelets are not so delicate as when the eggs are stirred while cooking. It is advisable to use a kitchen spoon for that purpose, as forks or other sharp utensils are likely to scratch the pan.

#### RECIPE FOR OMELETS.

Break six fresh eggs into a bowl, add a sufficient quantity of salt and pepper, and for every three eggs add one tablespoonful of thick cream; beat the egg well with an egg whisk, or a fork, and strain into another bowl. Put two ounces of butter into the omelet pan, and when it is melted without being browned, turn in the eggs; stir continually with a kitchen spoon so that all the eggs are equally well cooked and are of the same consistency, keeping it very soft; leave it for two or three seconds without stirring, and then fold it into three layers, beginning with the side nearest the handle; this can be done with the spoon. Knock the bottom of the pan gently over the

range so as to make the omelet move towards the outer part of the pan, and then fold the other part so that the omelet is a long oval in shape.

To turn it out upon the dish, grasp the handle of the pan with the right hand, the thumb being uppermost and the palm of the hand underneath; hold the dish in the left hand, place the edge of the pan on the inner side of the dish, and turn the pan upside down, moving from right to left.

All this should take but three or four minutes, and at the same time exercising the greatest care not to overcook the omelet, as it is so much more difficult to fold when too greatly solidified.

Some persons like omelets of a golden hue, and to attain this it is only necessary, when the omelet is folded, to leave it over the fire for a few seconds. Flat omelets are served occasionally, but they are not so delicate by far as those made according to the above recipe.

In the following recipes the terms filled and garnished are applied. Filled means that the omelet should be stuffed inside before folding, and garnished means that the omelet when folded and on the dish should be adorned with the garnishing. Sweet omelets are described under a special heading.

### Omelette—Omelet

*à l'Ail—with Garlic.*

The bowl in which the eggs for the omelet are beaten is previously rubbed with garlic.

### Omelette—Omelet

*à l'Algérienne—Algerian Style.*

Omelet filled and garnished with artichoke bottoms cut in squares, and stewed in tomato sauce.

*à l'Américaine—American Fashion.*

Omelet filled and garnished with lobster cut in cubes, and stewed with tomatoes and fine herbs.

*à l'Anglaise—English Style.*

Plain omelet garnished with broiled strips of bacon.

*aux Asperges—with Asparagus Tips.*

Omelet garnished with cooked asparagus tips tossed in butter. Asparagus tips may also be mixed with the omelet.

*à la Bayonnaise—Bayonne Style.*

Omelet filled with ham and red pepper cut in squares, surrounded with tomato sauce.

*à la Béarnaise—Béarnaise.*

Omelet filled with mushrooms and artichoke bottoms cut in squares and stewed in tomato sauce. The top of the omelet garnished with rings of anchovy fillets into which some cold Bernaise sauce is put.

*aux Cèpes—with Cèpes.*

Omelet filled and garnished with cèpes cut in dice, fried in oil and stewed in brown sauce.

## Omelette—Omelet

*à la Cerveille—with Brains.*

Omelet filled and garnished with calf's brains cut in squares and stewed in cream sauce.

*aux Champignons—with Mushrooms.*

Omelet filled and garnished with mushrooms cut in squares and stewed in Madeira sauce.

*à la Charcutière—Pork Butchers' Fashion.*

Omelet with bacon and onions, garnished with slices of bloodpudding and surrounded with mustard sauce.

*des Chasseurs—Hunter's Fashion.*

Omelet filled with purée of game, surrounded with Madeira sauce reduced with game stock.

*à la Châtelaine—Châtelaine.*

Omelet filled with mushrooms, truffles, breast of partridge and salt pork cut in squares and stewed in brown sauce.

*à la Ciboulette—with Chives.*

Chives mixed with the beaten eggs.

*aux Clams—with Hard Clams.*

Omelet filled and garnished with the belly part—i. e., the soft part of clams stewed in cream.

*aux Concombres—with Cucumbers.*

Omelet filled and garnished with cucumbers stewed in cream.



### Omelette—Omelet

*aux Crabes Durs—with Hard Crabs.*

Omelet filled and garnished with crab meat stewed in cream.

*aux Crabes d'Huîtres—with Oyster Crabs.*

This omelet may be served in three different ways.

1. Plain omelet garnished with fried oyster crabs.
2. Oyster crabs fried in butter and mixed with the beaten eggs.
3. Omelet filled and garnished with oyster crabs stewed in cream.

*aux Crevettes—with Shrimps.*

Omelet filled and garnished with shrimps stewed in cream.

*à la Derby—Derby.*

Omelet filled and garnished with fat goose-liver and mushrooms cut in squares and stewed in Madeira sauce.

*à la Dieppoise—Dieppe Style.*

Omelet with fine herbs, filled with mussels and mushrooms stewed in white wine sauce.

*à la Durand—Durand.*

Omelet filled with asparagus tips and truffles tossed in butter, garnished with artichoke bottoms and mushrooms cut fine and stewed in cream.

### Omelette—Omelet

#### *à l'Ecarlate—Ecarlate.*

Thick purée of tomatoes well beaten up with the eggs in order that they may obtain a red tint; omelet covered with tomato sauce.

#### *aux Ecrevisses—with Crayfish.*

Omelet filled and garnished with crayfish stewed in cream.

#### *à l'Egyptienne—Egyptian Fashion.*

Omelet filled and garnished with sliced breasts of quails and truffles stewed in brown sauce.

#### *aux Epinards—with Spinach.*

Omelet filled with spinach and surrounded with rich gravy.

#### *à l'Espagnole—Spanish Style.*

Finely shredded onions and green peppers smothered in oil with ham cut in squares; when sufficiently cooked add some peeled and squeezed tomatoes cut into eight parts, or if the tomatoes are large, in still more parts; stew gently for ten to twelve minutes, add some beef extract and fill and garnish the omelet with this preparation. Sometimes shrimps, oysters or sweetbread are added to the above.

#### *à l'Estragon—with Tarragon.*

Chopped tarragon mixed with the eggs.

**Omelette—Omelet**

*aux Fines Herbes—with Fine Herbs.*

Eggs for omelet mixed with finely chopped parsley, chives and chervil

*aux Fines Herbes Cuites—with Cooked Fine Herbs.*

Eggs for omelet mixed with previously cooked and chopped shallots, mushrooms, parsley and chervil.

*à la Flamande—Flemmish Fashion.*

Omelet filled with spinach and garnished with calf's brains and brown sauce.

*aux Fleurs de Courge—with Pumpkin Buds.*

Pumpkin buds cut small, fried slightly in butter and mixed with the beaten eggs.

*aux Foies de Volailles—with Chicken Livers.*

Omelet filled and garnished with chicken livers cut in squares and stewed in Madeira sauce.

*aux Fonds d'Artichauts—with Artichoke Bottoms.*

Artichoke bottoms cut in squares, fried in butter and mixed with the beaten eggs.

*au Fromage—with Cheese.*

Grated cheese mixed with beaten eggs; the best sorts of cheese for this purpose are Parmesan or Gruyère.

*au Hareng Saur—with Smoked Herring.*

Smoked herring, boned and cut in small squares, fried in butter and mixed with the beaten eggs.

## Omelette—Omelet

*à la Hollandaise—Dutch Style.*

The yolk of the eggs mixed with fine herbs, the whites well whisked to froth and mixed with the yolks; flat omelets are prepared from this mixture and served with sliced smoked salmon.

*au Homard—with Lobster.*

Omelet filled and garnished with lobster cut in squares and stewed in cream.

*aux Huitres—with Oysters.*

Omelet filled and garnished with the soft part of the oysters stewed in white wine and cream sauce.

*à l'Impératrice—Empress Fashion.*

Omelet filled and garnished with soft part of oysters and sliced breast of chicken stewed in cream.

*à l'Indienne—Indian Style.*

Onions finely sliced, smothered in butter and mixed with the beaten eggs; seasoned with curry powder; omelet filled with boiled rice and served with curry cream sauce.

*au Jambon—with Ham.*

Ham cut in small squares, fried in butter and mixed with the beaten eggs.

**Omelette—Omelet***à la Jardinière—Gardener's Fashion.*

Onions sliced fine, smothered in butter and then mixed with the eggs; omelet filled and garnished with carrots, turnips, peas, beans, artichokes and mushrooms cut in squares and stewed in cream; tomato sauce around the omelet.

*au Jus—with Gravy.*

Plain omelet surrounded with rich gravy.

*à la Lanque de Boeuf Fumée—with Smoked Beef-tongue.*

Same as "*Omelet au Jambon.*"

*au Lard—with Bacon.*

1. The beaten eggs mixed with small pieces of fried bacon.
2. Omelet garnished with broiled strips of bacon.

*à la Lyonnaise—Lyonese Fashion.*

Onions sliced finely and smothered in butter, mixed with the beaten eggs and some grated parmesan cheese.

*à la Macédoine—Macédoine.*

Omelet filled and garnished with different kinds of vegetables stewed in cream.

*à la Maître d'Hôtel—Maître d'Hôtel.*

Omelet filled and garnished with sweetbreads cut in squares, cooked in butter with fine herbs and beef extract.

## Omelette—Omelet

*des Matelots—Sailors' Fashion.*

The bowl in which the eggs for the omelet are beaten is rubbed with garlic; anchovies cut in small squares mixed with the eggs, omelet garnished with slices of smoked salmon and surrounded with tomato sauce.

*à la Médicis—Médicis.*

Omelet filled and garnished with breast of quail, truffles, and mushrooms cut in squares and stewed in Madeira sauce.

*à la Méxicaine—Mexican Fashion.*

Omelet filled and garnished with shrimps and sweet peppers cut small and stewed in shrimp sauce.

*à la Milanaise—Milanese Fashion.*

Omelet filled and garnished with spaghetti cut one inch long and mixed with shredded truffles, ham, mushrooms, tomato sauce and grated parmesan cheese.

*à la Moëlle de Boeuf—with Beef Marrow.*

Omelet filled and garnished with beef marrow cut in squares, parboiled and stewed in brown sauce.

*à la Monselet—Monselet.*

Omelet filled and garnished with truffles and artichokes cut in squares and stewed in cream; tomato sauce with beef extract around the omelet.

## Omelette—Omelet

*à la Montglas—Montglas.*

Omelet filled and garnished with ragoût as for poached eggs. (See "Poached Eggs *Montglas*.")

*à la Mornay—Mornay.*

Omelet filled and garnished with sliced truffles and chicken stewed in cream sauce.

*aux Moules—with Mussels.*

Omelet filled and garnished with mussels stewed in white wine and cream.

*à la Moussline—Foam Omelet.*

The whites of eggs are well whisked to a stiff froth and mixed with the yolks; cooked as usual.

*à la Mousseline au Parmesan—Foam Omelet with Parmesan Cheese.*

Same as above with the addition of grated parmesan cheese to the eggs.

*à la Nantua—Nantua Fashion.*

Omelet filled and garnished with crayfish and truffles stewed in cream sauce with crayfish butter.

*à la Normande—Norman Style.*

Omelet filled with oysters and shrimps and garnished with very small fried smelts.

## Omelette—Omelet

*aux Oeufs d'Alose—with Shad Roe.*

1. Shad roe cut in small squares, fried in butter and mixed with the omelet.
2. Omelet filled and garnished with shad roe previously cooked and then cut in squares and stewed in cream.

*aux Oignons—with Onions.*

Onions sliced very fine, smothered in butter and then mixed with the beaten eggs.

*aux Oignons Nouveaux—with Spring Onions.*

Omelet garnished with small glazed spring onions.

*aux Olives—with Olives.*

Omelet filled and garnished with small olives stewed in brown sauce.

*aux Olives Farcies—with Stuffed Olives.*

1. Same as above only use olives stuffed with chicken forcemeat and chopped truffles.
2. Stuffed olives mixed with beaten eggs; omelet cooked in the usual way.

*à l'Oseille—with Sorrel.*

Sorrel cleaned and cut fine; cooked in butter until dry, and then mixed with the beaten eggs.

*à la Parisienne—Parisian Style.*

Omelet as “à la Mousseline,” with the addition of chopped shallots, mushrooms, parsley, and ham cooked in butter.



### Omelette—Omelet

*au Parmesan—with Parmesan Cheese.*

Beaten eggs mixed with grated parmesan cheese.

*à la Paysanne—Farmers' Fashion.*

Tomatoes peeled and well squeezed, cut up and cooked in butter until all humidity is evaporated; then mixed with the beaten eggs and the omelet cooked as usual; served with brown sauce or rich gravy and garnished with little crusts, filled with purée of onions.

*au Persil—with Parsley.*

Chopped parsley mixed with eggs.

*aux Petits Pois—with Green Peas.*

Green peas mixed with beaten eggs.

*aux Piments Verts—with Green Peppers.*

Chopped green peppers cooked in butter and mixed with beaten eggs.

*aux Pointes d'Asperges—with Asparagus Tips.*

1. Cooked asparagus tips cut in small pieces and mixed with the eggs.
2. Omelet filled and garnished with cooked asparagus tips stewed in cream sauce.

*aux Pointes de Houblon—with Hop Sprigs.*

Can be prepared as the above.

*aux Pommes de Terre—with Potatoes.*

Raw potatoes cut in small squares fried in butter and mixed with the eggs.

### Omelette—Omelet

*à la Portugaise—Portuguese Style.*

Chopped fine herbs, olives, and anchovies mixed with the eggs; omelet surrounded with tomato sauce.

*des Prélats—Prelate Fashion.*

Omelet garnished and filled with herrings' soft roe, crab meat, crayfish tails, mushrooms and truffles stewed in white wine sauce.

*à la Provençale—Provencial Style.*

Omelet filled with minced onions and garlic smothered in oil, and surrounded with tomato sauce.

*à la purée d'Artichauts—with purée of Artichokes.*

*à la purée d'Asperges—with purée of Asparagus.*

*à la purée de Champignons—with purée of Mushrooms.*

*à la purée de Choux-fleurs—with purée of Cauliflower.*

*à la purée d'Oseille—with purée of Sorrel.*

*à la purée de Tomates—with purée of Tomatoes.*

*à la purée de Volaille—with purée of Fowl.*

Omelets like poached eggs, or egg mollets, can be served with a great variety of purées; the omelet is filled with the purée and surrounded with gravy or brown sauce.

*à la Réforme—Reform Club Style.*

Same garnishing as for "*Fried Eggs à la Réforme.*"

**Omelette—Omelet**

*aux Ris de Veau—with Sweetbread.*

Omelet filled and garnished with sweetbread cut in squares and stewed in cream.

*à la Robert—Robert Fashion.*

Omelet with onions and bacon.

*aux Rognons de Mouton—with Mutton Kidneys.*

Omelet filled and garnished with mutton kidneys cut in squares and stewed in Madeira sauce.

*aux Rognons de Veau—with Veal Kidneys.*

Same as above.

*à la Russe—Russian Style.*

Small omelet filled with caviare; generally served cold; but it can be served hot also.

*aux Soft Clams—with Soft Clams.*

Prepared as with "Hard Clams;" should the soft clams be too large, they may be cut into halves, but it is preferable to have them small.

*à la Soubise—Soubise.*

Omelet filled with white purée of onions.

*à la Suisse—Swiss Style.*

Guyère cheese cut in small squares and mixed with the eggs.

*Tricolores—in Three Colors.*

Small omelets of which one is cooked plain; one mixed with thick purée of tomatoes and one as explained for "*omelette verte*" or green omelet.

## Omelette—Omelet

*au Thon à la Brillat-Savarin—with Tunny Brillat-Savarin Style.*

The soft roe of carp cooked in water for a few minutes is chopped with some tunny, then cooked in butter with chopped shallots and mixed with the beaten eggs. Omelet cooked as usual and served on a dish with melted maître d'hôtel butter.

(See Brillat-Savarin's *Omelette du Curé* in his *Physiologie du Goût*.)

*aux Tomates—with Tomatoes.*

Omelet filled and garnished with tomatoes previously peeled, squeezed, cut in quarters and then stewed in butter.

*aux Truffles—with Truffles.*

1. Truffles cut in squares and mixed with the beaten eggs; omelet surrounded with gravy.
2. Omelet filled and garnished with truffles cut in squares and stewed in Madeira sauce.

*Verte—Green Omelet.*

Chopped parsley, chervil, tarragon, chives, spinach and sorrel (the two latter previously cooked in butter) are mixed with the eggs; omelet cooked as usual.

*des Voyageurs—Travelers' Omelet.*

Omelet cooked flat, put on a plate until cold and then filled with a purée prepared of cooked ham, chicken, and butter, seasoned with pepper, salt, and mustard; the omelet is rolled like a French pancake and eaten cold.

## Omelette—Omelet

### *des Zouaves—Zouave Fashion.*

Chopped truffles, mushrooms, ham, and tarragon mixed with eggs; omelet cooked as usual and garnished with small crusts filled with purée of onions.

## Omelettes Sucrées—Sweet Omelets

### *aux Bananes—with Bananas.*

Omelet filled and garnished with bananas cut in slices and cooked in syrup. Omelet bestrewn with powdered sugar and glazed with a red hot omelet iron.

### *à la Célestine—Célestine.*

Small omelets alternately filled with Frangipane cream, apple and strawberry marmelade, etc., glazed as above.

### *aux Confitures—with Preserves.*

These omelets with soufflée and rum omelets are most commonly known and served among sweet omelets.

A sweet omelet before serving should always be strewn over with powdered sugar and glazed with the omelet iron, which must be red hot and dipped in water before using. Omelets can be filled with many different marmalades, jams, and jellies, and preserves as can be seen from the following:

**Omelettes Sucrées—Sweet Omelets**

*aux Abricots—with Apricot Jam.*

*aux Coings—with Quince Marmalade.*

*aux Fraises—with Strawberry Jam.*

*aux Framboises—with Raspberry Jam.*

*à la Gelée de Groseille—with Red Currant Jelly.*

*a la Gelée de Guava—with Guava Jelly.*

*aux Groseilles de Bar le Duc—with Bar le Duc Currants.*

*à l'Orange—with Orange Marmelade.*

*à la Dauphine—Dauphine Style.*

Omelet filled with apple marmelade and garnished with whipped cream flavored with vanilla.

*à la Frangipane—with Frangipane Cream.*

Omelet filled with Frangipane cream prepared as follows:

*Frangipane Cream:* Mix together three egg yolks and one whole egg, two ounces of powdered sugar, one ounce of butter, a little vanilla or lemon flavoring, four ounces of flour, and one gill each of milk and cream; put in a saucepan and set on the fire to boil, stirring continuously. As soon as it commences to boil take off the fire and add one ounce of nut butter; it is then ready for use. If desired some crushed macaroons may be added.

## Omelettes Sucrées—Sweet Omelets

### *aux Fruits Confits—with Preserved Fruits.*

Omelet filled and garnished with assorted preserved fruits, as peaches, pears, green gages, cherries, etc. Cut into small pieces and mixed with apricot marmelade diluted with syrup, flavored with Kirschwasser, rum or other liquors.

### *au Kirschwasser—with Kirschwasser.*

Sweet omelet cooked plain, glazed as usual; before serving Kirschwasser is poured over the omelet and fire set to it.

### *aux Pommes—with Apples.*

Omelet filled with apples peeled and cut in quarters, then minced fine and cooked with butter and sugar; omelet cooked and glazed as usual.

### *aux Pommes—à l'Alsacienne—with Apples, Alsatian Fashion.*

This is more a pancake than omelet; in Alsace, however, it is called omelet and we shall therefore append it. Apples cooked as above are mixed with a batter prepared with one spoonful of flour, two whole eggs and one gill of cream seasoned with a pinch of salt and sugar; cooked on both sides like a pancake; before serving besprinkled with powdered sugar.

## Omelettes Sucrées—Sweet Omelets

*au Rum—with Rum.*

Prepared as "*Omelette au Kirsch*;" instead of the latter rum is used.

*Soufflée Nature—Plain Puff Omelet.*

There are four principal facts to observe if one desires to have success when preparing puff omelets. 1st. The yolks of eggs must be well mixed with the sugar until they become quite foamy. 2d. The whites must be whisked to a stiff froth. 3d. The omelet must be cooked in a hot oven. And 4th, the omelet must be eaten immediately without delay if its quality should not deteriorate.

### RECIPE:

The yolks of three eggs are gradually mixed with six tablespoonfuls of powdered sugar, until it becomes smooth and light; the whites of six eggs are whisked to a stiff froth and then mixed with the yolks and the sugar; this must be done gently but quick, only taking a small part of the egg froth to commence with. A dish is buttered and bestrewn with powdered sugar, the egg mass put on it in an oblong shape, besprinkled with powdered sugar and cooked in a hot oven.

Some cooks find pleasure in decorating the omelet; but this is optional and left to the cook. Puff omelets can be flavored with various essences and perfumes as can be seen from the following:



## Omelettes Sucrées—Sweet Omelets

### *Soufflée aux Amandes—with Almonds.*

Same as above with the addition of pounded bitter almonds, or extract of almonds.

### *Soufflée au Citron—with Lemon.*

Same as plain puff omelet with the addition of lemon flavoring; either finely chopped rind of lemon, or lemon extract.

### *Soufflée au Chocolat—with Chocolate.*

Tablets of vanilla chocolate are heated in the oven until they are soft, then crushed and mixed with the sugar and yolks of eggs, the same proceedings as for plain puff omelet.

### *Soufflée au Confitures—with Preserves.*

Same as "Vanilla Puff Omelet," with preserves in the centre of the omelet.

### *Soufflée au Fleurs d'Oranger—with Orange Blossom.*

Same as "Plain Puff Omelet" with the addition of orange blossom water.

### *Soufflée aux Macarons—with Macaroons.*

Crushed macaroons are mixed with plain puff omelet and cooked as usual.

### *Soufflée à la Vanille—with Vanilla.*

Plain puff omelet flavored with vanilla extract or the inner part of vanilla beans.

## Oeufs Sucrés—Sweet Eggs

### *Crème à l'Anglaise—English Cream.*

Five yolks of eggs mixed with four ounces of powdered sugar are diluted with one pint of boiling milk, brought to the fire to thicken without boiling, stirring constantly. Flavor to taste, either with vanilla, almonds, lemon, or orange flavor.

### *Crème au Café—Coffee Custard.*

Half pound of roasted coffee thrown into one quart of boiling milk; covered hermetically, and infused for a half hour, then strained through a fine sieve; mixed with the yolks of six and the whites of three eggs, and six ounces of powdered sugar, all previously beaten together; strained once more and then filled into moulds—these are put into a pan with boiling water and pushed into a slack oven without permitting the water to boil; when cooked put away to cool off; unmold and serve when cold.

### *Crème au Caramel—Caramel Custard.*

Put a few lumps of sugar with the juice of a lemon, into a copper pan, and put on the range; cook until of a light golden brown, and then pour into the mould in which the custard is to be cooked; when cold fill up with the same preparation as for *Crème au Café*, with the omission of coffee and cook as stated above.

## Oeufs Sucrés—Sweet Eggs

### *Crème au Citron—Lemon Custard.*

Same proportions as for coffee custard, but flavored with the rind of lemon instead of coffee.

### *Crème Meringuées—Meringue Custard.*

1. Custards cooked in small moulds, placed on round slices of sponge cakes, covered and decorated with meringue preparation.
2. Pie dish lined with short paste or puff-paste trimmings, filled with custard and baked in a slack oven, then covered and decorated with meringue mass. (See "*Meringue*.")

### *Crème à l'Orange—Orange Custard.*

Same proportion as stated above, flavored with orange rind.

### *Crème à la Vanille—Vanilla Custard.*

Vanilla beans put into the milk before boiling, the same proceeding as for other custards.

### *Meringue—Meringue.*

In cooking and confectionery two different sorts of meringue are prepared, which have this in common, that they are exclusively prepared with whipped whites of eggs and sugar.

### *Meringue Ordinaire—Plain Meringue.*

The whites of twelve eggs are beaten to a stiff froth and gradually mixed with one pound of sifted powdered sugar.

## Oeufs Sucrés—Sweet Eggs

### *Meringue Italienne—Italian Meringue.*

One pound of sugar cooked to the blow degree is mixed and vigorously beaten with the froth of six egg whites.

This preparation is not quite as light as "*Plain Meringue*," but will be found useful on many occasions.

### *Meringues à la Chantilly—Chantilly Meringues.*

Fill a pastry bag, into which a round tube of a half inch in diameter is slid, with plain meringue and press it out in the shape of a half egg on to some strips of paper cut about two inches wide; besprinkle with powdered sugar; place them on a thick board previously dampened, and bake in a very moderate oven with the door open until they are of a light color; meringues should be rather dried than baked. When they are sufficiently cooked, take them off the paper, and with the thumb make an impression on their flat side; put them in a warm place to finish drying.

When cold they are served with whipped cream flavored with vanilla.

Meringues can be served with creams of different flavors, or with a sweet purée of chestnuts mixed with whipped cream; they can also be served with ice creams.

## Oeuf Sucrés—Sweet Eggs

### *Oeufs à la Neige—Snow Eggs or Floating Islands.*

Have two quarts of boiling milk in a flat shallow pan; with a tablespoon drop in some meringue preparation in the shape and size of an egg, then cover the pan and draw it to the edge of the range so that the meringue will cook without the milk boiling; when firm enough take out the meringues and lay them on a hair sieve. With the rest of the milk prepare an English cream, and when cold put on a dish and the meringue on top.

### *Oeufs en Surprise au Blanc-manger—Surprise Eggs with Blanc-mange.*

Make little holes on both sides of raw eggs and blow out their contents into a bowl for further use. Close up one of the holes with paste and through the other opening fill the egg with Blanc-mange prepared as follows: Pound together half ounce of bitter and eight ounces of sweet almonds with two table-spoonfuls of orange flower water; dilute with one pint of hot milk and one of cream; add nine sheets of *Keystone Silver White Gelatine* previously soaked in water, and when melted strain into a bowl.

When the eggs are filled with this, set them on ice, and when firm, they are ready for serving.

### Oeufs Sucrés—Sweet Eggs

#### *Oeufs en Surprise au Chocalat—Surprise Eggs with Chocolate.*

Same proceedings as above; instead of almonds chocolate is used for flavoring.

#### *Pudding à la Moscovite—Moscow Pudding.*

Fill a pudding mould with plain meringue and cook in the water-bath as custard. When cold unmould and serve with English cream.

#### *Sabayon—Sabayon.*

Sabayon is most commonly served as a sauce, although it is often enough served in glasses, as an entremet by itself. It is generally made with white wine, a dry wine being preferable, but it can also be prepared with sherry, Madeira, rum, Kirschwasser, brandy, etc.

Put in a copper pan or basin five yolks and the white of one egg, with four ounces of powdered sugar, and a half wineglassful of dry white wine. Set it on a slow fire and whip vigorously until of the consistency of whipped cream, then serve in glasses or spread over the pudding as desired.



## Miscellaneous Recipes.

### *Bécasse Ecossaise—Scotch Woodcock.*

Many cooks when serving this dish simply dish up scrambled eggs on anchovy toast; but this is an error, only the egg yolks should be used and be mixed with cream. Proceed as follows:

Beat four egg yolks with one gill of cream, season with salt and pepper, put in a saucepan over the fire and stir continuously until thick without boiling, then pour this preparation over some anchovy toasts and serve.

### *Beignets d'Oeufs—Egg Fritters.*

Hard boiled eggs cut lengthwise into halves, stuffed with some kind of cooked forcemeat, dipped in frying batter and fried in hot fat; served on a napkin.

### *Bouchées d'Oeufs à la Crème—Small Patties of Eggs in Cream.*

Small patties filled with hard eggs cut in squares and tossed in cream sauce.

### Miscellaneous Recipes—Continued.

*Cromesquis d'Oeufs aux Truffles—Egg Cromesquis with Truffles.*

Hard eggs and truffles cut in squares, tossed in cream sauce, thickened with raw egg yolks and set aside to cool; when cold wrap up some of this egg preparation in thin pancakes, then dip in frying batter and fry in hot fat; serve on a napkin.

*Croquettes d'Oeufs—Egg Croquettes.*

Same preparation as "*Egg Cromesquis*;" instead of wrapping them in pancakes give them a nice oval shape, and dip in beaten eggs; roll in bread crumbs, fry in hot fat and serve on a napkin.

*Fricassé d'Oeufs à l'Anglaise—English Egg Fricassee.*

Same as Hard Eggs "*à la Tripe*," with the addition of sliced mushrooms.

*Fritôt d'Oeufs à la Française—Fritôt of Eggs, French Fashion.*

Cold poached eggs coated with thick truffle sauce put on an oiled dish and set on ice; when very cold, dip them in frying batter and fry in very hot fat; serve on a napkin.



**Miscellaneous Recipes—Continued.***Fondue à la Brillat Savarin.*

*Fondue* is a mixture of cheese, eggs and cream, and prepared as follows:

Put eight egg yolks in a pan with a half pound of butter broken into little pieces, 4 ounces each of grated Parmesan and Gruyère cheese; season with salt and cayenne pepper; put on the fire and whisk continuously until of good consistency, then add two tablespoonfuls of thick cream; serve with toasted bread separate.

The same can be made with ordinary American cheese.

*Huitres du Bengale—Bengal Oysters.*

Eggs broken into cleaned and buttered oyster shells, seasoned with pepper and salt, besprinkled with bread crumbs and butter, and cooked in the oven for a few minutes.

*Huitres de Bombay—Bombay Oysters.*

An egg with only half of its white is broken into a goblet seasoned with salt, pepper, and lemon juice, or if liked with Worcestershire or Tabasco sauce, and swallowed with one draught. These eggs are sometimes called Prairie oysters.

## Miscellaneous Recipes—Continued.

*Oeufs Filés pour Garnitures—Spun Eggs for Garnishing.*

URBAIN DUBOIS in his "*Cuisine de Tous les Pays*," gives this recipe for spun eggs as a garnishing for Spanish ham.

Beat the egg yolks of fifteen eggs and pass them through a sieve. Boil some light syrup in a copper pan, and pour the egg yolks through a funnel into the boiling syrup. This funnel, especially made for this purpose, should have several small tubes attached at the bottom, which have an opening, about the size of large vermicelli.

When the eggs are cooked they are taken out of the syrup, laid on a hair sieve to strain, and besprinkled with a little cold water that they may not stick to each other.

*Oeufs Filés pour Potage—Spun Eggs for Soup.*

Eight egg yolks mixed with 4 ounces of grated Parmesan cheese and one tablespoonful of flour; put this preparation into a pastry bag affixed with a round tube of a small opening and press the contents into boiling salted water.

*Oeufs à la Gambetta—Eggs, Gambetta Style.*

One poached egg and one fried egg, both on toast, are garnished with calf's brains and truffle sauce.

**Miscellaneous Recipes—Continued.***Oeufs à la Niceoise—Eggs, Nice Style.*

Whites of eggs whipped to a stiff froth and mixed with thick cream and grated parmesan cheese, put on a buttered dish and arrange nicely with small cavities large enough to lay in the yolks of eggs from which the whites were separated and whipped; cook in an oven of moderate temperature.

*Oeufs à la Tomery—Eggs, Tomery Style.*

Soak a piece of bread, the size of an egg in one gill of boiling milk, after it has absorbed all the liquor stir it well with a spoon, until a pulpy mass; add a little piece of butter, season with pepper, salt and grated nutmeg, add four spoonfuls of white chicken meat cut very fine, two spoonfuls of thick cream and four whole eggs well beaten; put this preparation into cocotte dishes and cook in a slow oven from twelve to fourteen minutes; before serving pour over some rich gravy mixed with tomato sauce.

*Paté d'Oeufs à l'Anglaise—English Egg and Bacon Pie.*

Lay some rashers of bacon on the bottom of a china pie dish; pour over eight eggs beaten with a pint of cream and seasoned with salt and pepper, cover the dish with short crust or puffpaste trimmings baked in a moderate oven; serve when cold.

### Miscellaneous Recipes—Continued.

#### *Rissoles d'Oeufs—Egg Rissoles.*

Roll out some puff-paste trimmings to the thickness of  $\frac{1}{8}$  of an inch; with the paste cutter stamp out some sound pieces of  $2\frac{1}{2}$  inches in diameter, and in the centre lay a preparation of hard eggs as for "*Egg Croquettes*;" wet the border of the paste with a brush dipped in water or in beaten eggs, and double it over so as to form a half circle; fry in hot fat and serve on a napkin.

#### *Royale Jaune pour Potage—Yellow Custard for Soups.*

Beat together four egg yolks and one whole egg, mix with one gill of cream, season with salt, cayenne pepper and grated nutmeg; fill up some small buttered moulds, or one large mould, with the above preparation, and cook in the water bath as described under "*Custard*." When cooked and cold cut the custard in dice or fanciful shapes.

*Green Custard* is made in the same manner, but colored with spinach green or green Breton coloring.

*Red Custard* is colored by mixing a thick tomato purée with the eggs, but then a little less cream is used.

## Egg Drinks.

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### Egg Flip.

Egg Flips can be prepared with different kinds of liquors, to satisfy all tastes, we append several recipes:

*With Ale and Rum.*—Heat one pint of ale, when nearly boiling put into a jug; while the ale is heating beat twelve whole eggs with two ounces of brown sugar and a wineglassful of rum, a little grated nutmeg and powdered ginger, and pour into another jug; then add the ale, stirring all the time, and turn several times from jug to jug.

*With Beer.*—Pour into a saucepan one gill of beer, three well beaten eggs, and two ounces of sugar; set on the fire, beat with an egg whisk until nearly boiling; then add another gill of beer, a little nutmeg and ginger, and serve.

*With Milk and Brandy.*—One teacupful of boiling milk mixed with the stiff froth of the white of an egg and a pony of brandy, stir well, and sweeten to taste.

### Egg Lemonade.

Put the juice of one lemon, one ounce of sugar, the white of an egg and a small quantity

of crushed ice into a tumbler; mix well with a shaker; add a little ice water, and drink with straws. The yolk of an egg may also be added if desired.

### **Egg Nogg, Baltimore Style.**

Beat up the yolks of three eggs, and  $\frac{1}{4}$  of a nutmeg grated, with two ounces of powdered sugar, to the consistency of cream; add, pouring in quietly the while,  $\frac{1}{2}$  gill of brandy or rum, and one glass of Marsala or brown sherry; add the whites of the eggs (beaten to a stiff froth), and, when well incorporated, gill of cream and pint of milk. This is not a warm drink and is easily digestible; it forms a nourishing dietetic beverage for debilitated persons.

### **Egg Nog, Iced.**

Beat up the yolk of one egg with a tablespoonful of water and same of pounded white sugar; add one gill of sherry or half gill of brandy, ditto of rum, quarter pint of milk; mix together; add half gill of shaven ice.

### **Egg Nog, Hot; or, "Auld Man's Milk."**

Heat a pint of Scotch ale; add while warming, a pinch each of powdered cinnamon, grated nutmeg and powdered ginger; beat up the yolks of two eggs with a little brown sugar; pour in the ale gradually; when well amalgamated add a glass of whiskey.

### **Lait de Poule—Hen's Milk.**

The yolks of two eggs mixed with two ounces of powdered sugar and two tablespoonfuls of orange flower water; beat up well and add half pint of boiling milk.

### **Mulled Egg Wine.**

Beat up an egg with three glasses of sherry and a teaspoonful of sugar; add some grated ginger, and carefully half pint of boiling water, stirring the while; grate on a little nutmeg before serving.

### **White of Egg Emulsion.**

Beat the whites of two fresh eggs with a few tablespoonfuls of milk or cream, half a teaspoonful of powdered gum-arabic and a small quantity of honey or sugar. This is very efficacious to swallow gently in sore throat.

### **Yolk of Egg Emulsion.**

Is made the same way, substituting the yolks of eggs for the whites; but being more sickly, it requires more flavoring.



## MULLED WINE, WITH EGGS.

First, my dear madam, you must take  
Nine eggs, which carefully you'll break;  
Into a bowl you'll drop the white,  
The yolks into another by it.  
Let Betsy beat the whites with a switch,  
Till they appear quite froth'd and rich.  
Another hand the yolks must beat  
With sugar, which will make them sweet;  
Three or four spoonfuls maybe'll do,  
Though some, perhaps, would take but two.  
Into a skillet next you'll pour  
A bottle of good wine, or more;  
Put half a pint of water, too,  
Or it may prove too strong for you:  
And while the eggs by two are beating,  
The wine and water may be heating;  
But, when it comes to boiling heat,  
The yolks and whites together beat.  
With half a pint of water more—  
Mixing them well—then gently pour  
Into the skillet with the wine,  
And stir it briskly all the time.  
Then pour it off into a pitcher;  
Grate nutmeg in to make it richer;  
Then drink it hot for he's a fool  
Who lets such precious liquor cool.



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